

Miralax/Gatorade Prep

The Day Before Your Procedure:

- Drink only clear liquids ALL DAY. Drink 8oz of clear liquid every hour. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade, popsicles, ice and jello (without fruit) are also OK
DO NOT eat solid foods , Hard Candy or milk products. Nothing red or purple. No pulp-containing juices.
- **At 8am**, mix together the Miralax bottle with the 64oz Gatorade and put in the refrigerator.
- **At 10am**, take four Dulcolax tablets (purchase over the counter). Then drink at least 8oz clear liquids every hour after that.
- **At 2pm**, take remaining four Dulcolax tablets. Then drink at least 8oz clear liquids every hour after that.
- **At 5pm**, drink half (32oz Gatorade mixture). 8oz every 15-30minutes until half of solution is gone. Refrigerate the rest.
- Continue to drink clear liquids throughout the day.

The Day Of Your Procedure:

- **4 hours before** procedure time, drink the remaining half of the solution within a 1 hr time period.
- Nothing by mouth 3 hours before your arrival time. including Hard Candy, Ice Chips, Water etc.

Report to: _____SEC-27 "B" Medical Center Dr. at _____ on _____.

_____JMCGH-620 Skyline Dr. at _____ on _____.