



Miralax / Gatorade Bowel Prep Instructions

*****Read All Instructions Upon Receipt*****

Medications: If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Stop all Stool Formers, Vitamins and Iron 5 days prior to your appointment. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

Diabetics on Diabetic Medication: If you are a diabetic, please see diabetic instructions.

Foods: 2 days prior to appointment stop eating the following foods – nuts, seeds and raw vegetables. The day before your appointment you should only eat/drink clear liquids, no milk or milk products and nothing red or purple.

Prep: **You will need to purchase two (2) 32 ounce bottles of Gatorade, (no red or purple) and four (4) Dulcolax Tablets- these can be purchased at most grocery stores and is over the counter.**

Upon awakening, the day before your procedure, start a clear liquid diet, **NO SOLID FOOD**. See attached list of sample liquid diet for Non Diabetics. Mix half of the Miralax 238-gram bottle into one (1) 32 ounce Gatorade bottle; refrigerate.

At 4:00 PM, the day before your appointment, take four (4) Dulcolax tablets with water and continue clear liquids. Continue with clear liquid diet as above (NO SOLID FOOD)

At 5:00 PM, the day before your appointment, begin drinking the 1st dose of Miralax/Gatorade

- Drink the first dose of Miralax/Gatorade at a rate of eight (8) ounces every 15 – 30 minutes (over 1 – 2 hours)
- Mix the 2nd dose of Miralax/Gatorade and refrigerate
- Continue clear liquid diet as above (NO SOLID FOOD)

Five (5) hours prior to your arrival time, on the day of your procedure, drink the second dose of Miralax/Gatorade at a rate of eight (8) ounces every 15 – 30 minutes (over 1 – 2 hours). Do not drink anything else after this.

- You must stop drinking water at least three (3) hours prior to your arrival time. If you take morning medications, take them when you finish the prep. They must be taken at least three (3) hours prior to your arrival time. Do not chew gum or tobacco.

Transportation: Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

Cancel or Reschedule: Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.

Call 210-614-1234 if you have any questions