

MIRALAX/GATORADE PREPARATION

PURCHASE AT PHARMACY:

4 Dulcolax tablets, Miralax for a total of 238 grams (over the counter), 64 oz. bottle of Gatorade (no red or orange).

ONE (1) DAY BEFORE PROCEDURE

1. CLEAR LIQUID DIET ONLY
2. **3:00pm** - 4 Dulcolax tablets (over the counter)
3. **5:00pm** - Mix all 255gm of Miralax in 64 oz. of Gatorade and shake till dissolved. Drink 8 oz. every 15 minutes until complete.
4. Continue Clear Liquids until bedtime.

DAY OF PROCEDURE:

1. No solid food until after the procedure.
2. NPO (Nothing by mouth after midnight).

or

- Clear Liquid Diet until 3 - 4 hours before test.
3. Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure.