

## Miralax Preparation Instructions

### **Purchase at the Pharmacy**

- Miralax 8.3 oz (238 g)—over the counter
- Dulcolax tablets (not the suppositories)—over the counter

### **Two Days Prior to Surgery/Colonoscopy**

Mix Miralax (238 g bottle) in 64 ounces of Gatorade, Crystal Light, or other clear liquid of your choice (cannot have red dye/coloring). Refrigerate.

### **Day Before Surgery/Colonoscopy**

1. Have a light breakfast prior to 8 a.m.
2. Drink only clear liquids after 8 a.m.
3. Take 4 Dulcolax tablets by mouth at 3 p.m.
4. At 5 p.m., start drinking Miralax mixture. Drink 8 ounces every 15-20 minutes until finished.
5. Have nothing to eat or drink after midnight.
6. You may take morning medications with a sip of water on the day of your surgery/colonoscopy.

### **Clear Liquids Allowed the Day Before the Exam**

- Water
- Clear fruit juices (apple, grape, cranberry)
- Bouillon/clear broths
- Black coffee or tea (without milk or milk products)
- Soda
- Jell-O, Popsicles (no red dyes)

### **Foods and Liquids Not Allowed the Day Before the Exam**

- Solid foods
- Cream
- Milk or milk products
- Alcoholic beverages
- Any liquid or Jell-O that contains red dye

**Call the office if you have any questions or concerns.**