



## **Miralax Bowel Prep**

### **Buy the following OTC:**

- 238 gram bottle of Miralax(PEG-3350)
- 64 oz bottle of sports drink such as Gatorade. If you have diabetes, buy a low-calorie drink such as G2 or Crystal Light instead.
- Dulcolax (bisacodyl) laxative tablets

### **4 days before the procedure**, begin a LOW RESIDUE DIET.

- Avoid high fiber foods- no salads, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, whole wheat.
- **Suggested foods:** chicken, turkey, pasta, meat, potatoes without skin, white rice, and white bread.
- \*This is NOT a strict diet or mandatory instructions  
RECOMMENDATIONS ONLY. (If you need further assistance, see low residue diet instructions)

### **One day Before the Procedure:**

1. **Do not eat anything solid.** Follow the **clear liquid diet** instructions.
2. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
  - DO NOT drink milk or use non-dairy creamer.
  - DO NOT drink anything colored red or purple.
  - DO NOT drink alcohol.
3. In a pitcher mix the 238 grams of Miralax with 64 oz of Gatorade or other sports drink. Chill.
4. At 5 PM take 3 tablets of Dulcolax laxative by mouth with water.
5. Start to drink the Miralax at 6:00 PM. Drink one glass every 15 minutes. Drink it quickly rather than sipping (if possible). Drink **half** of the liquid within 2 hours. Stay close to a toilet.



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### **Day of the Procedure:**

1. Do not eat.
2. At least 4 hours before your scheduled procedure time, begin drinking the second half. Finish drinking at least 2 hours prior to procedure time.
3. Drink at least three 8 oz. cups of water over the next hour.
4. You may have clear liquids until 2 hours before your procedure time. Do not chew gum.

### **Important:**

1. You will not be able to drive after your procedure. **You will need a driver** to drive you home afterward.
2. If you take aspirin, anti-inflammatories (Aleve, Advil, Motrin, Ibuprofen) STOP these medications 7 days prior to procedure. (Unless otherwise directed)
3. **Continue taking your prescribed medications.** Unless you are on a blood thinner and have been told to hold these medications.
4. Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions. 775-829-8855

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