

Miralax/Gatorade Prep- Large Volume

Your procedure is scheduled on: _____, at _____, with Dr. _____ arrival time:

Please pick up your bowel prep kit from your pharmacy within the next 3-5 days.

You will need two Dulcolax tablets, One 510 gram bottle of Miralax (prescription), two 64 oz bottles of Gatorade (NO RED, BLUE OR PURPLE).

One week prior to your procedure do not eat any nuts, dried fruit, fruit or vegetables with seeds, corn, popcorn or raw vegetables.

DAY BEFORE YOUR PROCEDURE:

1. Clear liquid diet for breakfast, lunch and dinner - NO SOLIDS. (Examples: water, clear fruit juices, clear soda, coffee, tea, plain gelatin, clear broth, popsicles and hard candy. (No red, purple or blue).
2. 3:00 PM take two Dulcolax tablets
3. 5:00 PM mix half the bottle of Miralax with one 64 ounces of Gatorade. Drink 8 ounces every 10-15 minutes until the entire solution is gone.
4. Continue to drink clear liquids until one hour before bed.
5. If you develop nausea, bloating, or cramping, pause or slow the rate of drinking for about 30 minutes until symptoms improve.
6. It is very important to continue fluid intake, please make sure to continue to drink clear fluids such as water or Gatorade in addition to your prep.

DAY OF PROCEDURE:

1. Take all morning medication 30 minutes prior to starting your prep. Remember: NO SOLID FOODS.
2. Five hours prior to leaving your home, mix the rest of the Miralax with a 64 ounce bottle of Gatorade and drink 8 ounces every 10-15 minutes until the entire solution is gone.
3. If you develop nausea, bloating or cramping, pause or slow how fast you are drinking the additional water for about 30 minutes until symptoms improve.
4. Stop drinking all liquids at least 2 hours prior to leaving your home.

* If you have difficulty with your evening or early morning prep, please visit our website gastrocentralva.com and look at the Frequently Asked Questions (FAQ). If you still need assistance you can reach our on-call physician by calling the answering service at (434) 845-9516.