

### **Miralax/Gatorade Prep - Small 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 238 gram bottle of Miralax (prescription), one 64 oz bottle or two 32 ounce 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 the bottle of Miralax with 64 ounces of Gatorade. Drink 8 ounces every 10-15 minutes until half of the 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 the additional water 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, drink the other half of the solution 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 your 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](http://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.