

Miralax/Water Prep

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

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

Purchase two Dulcolax tablets from Pharmacy (over the counter)

One week prior your procedure do not eat 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 2 Dulcolax tablets
3. 5:00 PM mix 1/2 bottle of Miralax and 64 ounces of water (any sugar free water flavoring may be used except red, purple or blue).
4. Drink 8 ounces every 10-15 until the entire solution is gone. Continue to drink clear liquids until 1 hour before bedtime.
5. It is important to continue fluid intake, please make sure to continue to drink clear fluids 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 64 ounces of water and drink 8 ounces every 10-15 minutes until the entire solution is gone.
3. 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 n-call physician by calling the answering service at (434) 845-9516.