MiraLax-Gatorade Preparation for Colonoscopy

Before beginning the preparation, you must purchase from your local pharmacy the following:
This does not require a prescription
 MiraLax 238 gms (available in a bottle; you may also purchase the generic called PEG 3350)
 Dulcolax tablets (not the stool softener)-you may need up to 4 tablets

The day before the procedure:
• Clear liquids for breakfast (see attached list)
• Clear liquids for lunch

MiraLax is an osmotic laxative used commonly in the treatment of occasional constipation. MiraLax has no sugar or sweetener, no taste, grit, or residue. When used as a colon preparation, it allows complete pre-procedure cleansing while minimizing patient discomfort. Please follow the instructions carefully.

• 4:00pm- Take two (or four if you are chronically constipated) Dulcolax tablets at this time.
• 4:00pm - Mix the entire 238g bottle of MiraLax (or the generic form glycolax) in 32 ounces of Gatorade or any other clear non-carbonated liquid. Please avoid red beverages as this may lead to confusion when the prep takes effect. This will form a light slurry. Please shake well.
• 5:00pm – Drink 20 ounces, about half of the preparation. Refrigerate the remainder. Continue to drink other clear liquids (from list on the left below) until midnight.

The day of the procedure:
• By _____ – Finish drinking the remaining half of the preparation and more clear liquids.

You should consume at least 3 cups of clear liquids between the doses of the prep and anytime before midnight. If you have any concerns while taking your prep, please call 410-955-6070 and ask for the GI Fellow on call.

CLEAR LIQUID DIET

THESE ITEMS ARE ALLOWED:
Water
Clear broth: beef or chicken
Juices
• Apple juice or cider
• Prune juice
• Grape juice, White cranberry juice
• Tang, Hawaiian Punch, Kool-Aid
• Lemonade
Sodas
Tea
Coffee (without cream)
Clear gelatin (without fruit)
Popsicles (without fruit or cream)
Italian Ices

THESE ITEMS ARE NOT ALLOWED:
Milk
Cream
Milkshakes
Tomato juice
Orange juice
Cream soups
Any soup other than the listed broth
Oatmeal
Cream of Wheat
Grapefruit juice

PLEASE NOTE: It is extremely important to follow the preparation listed above, so that the doctor will be able to see your entire colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination.

*If you need to reschedule or cancel your appointment, please call 410-502-0793.