

Southview Gastroenterology Miralax/Gatorade Two Day Prep

PURCHASE AT THE PHARMACY OVER THE COUNTER:

- Two (2) bottles of Miralax 238 grams
- Two (2) 64 oz bottles of regular or sugar-free Gatorade, ginger ale, or a similar clear liquid
- Eight (8) Dulcolax tablets

THREE DAYS PRIOR TO THE PROCEDURE:

Start a low-residue diet.

Foods to avoid on a low-residue diet: any raw fruits or vegetables, all green, leafy foods, any foods that contain seeds, (such as squash, okra, tomatoes), any foods that contain whole or partially processed grains, any foods that have hulls (such as beans, peas, or corn).

TWO DAYS PRIOR TO THE PROCEDURE:

1. Clear liquids ONLY.
CLEAR LIQUIDS INCLUDE strained fruit juices without pulp, (apple, white grape, lemonade), water clear broth or bouillon, coffee, or tea (**without** milk or non-dairy creamer). This also includes all of the following that ARE NOT COLORED RED, ORANGE, OR PURPLE: Gatorade, carbonated and non-carbonated soft drinks, kool-aid, plain Jell-O, and ice popsicles. **SOLID FOODS, MIL, OR MILK PRODUCTS ARE NOT ALLOWED.**
2. At 3:00PM, take 4 Dulcolax tablets.
3. At 5:00 PM, mix the 238 grams of Miralax in 64 oz of Gatorade. Shake the solution until Miralax is dissolved. Drink an 8oz glass every 10-15 minutes until the Miralax is gone.
4. Continue drinking clear liquids until bedtime.

ON THE DAY OF THE PROCEDURE:

1. Do not eat or drink ANYTHING on the day of your procedure. This includes water.
2. If you take medication, you may take it on the morning of your procedure with small sips of water.
3. **YOU MUST HAVE SOMEONE DRIVE FOR YOU FOR 24 HOURS AFTER THE TEST.**
4. Please go to the 2nd floor at the GI lab at the main hospital.

If you have any questions, please call (205)933-4675.

Appointment Date: _____ Appointment Time: _____