

Miralax Prep

DO NOT EAT ANY SOLID FOODS ON THE DAY BEFORE YOUR TEST

Clear Liquid diet only

The bowel preparation solution will be consumed in two parts

Miralax Colon Cleanse Instructions/ Day Before Exam

Step 1- Mix 1 (238-gram) bottle of polyethylene glycol (MiraLAX®) with 64 ounces of any **clear liquid** that is not red, purple, or orange. Keep it at room temperature until well mixed. Then you may chill it if preferred. (A sports drink, such as Gatorade® or Powerade®, is a good choice. Sports drinks will help replace electrolytes that you will lose during the bowel preparation.)

Step 2- At 4:00 pm take two (2) Dulolax caplets with a full glass of water.

Step 3- At 6 pm drink half (32 oz.) of your Miralax mixture over one hour. You may drink your prep slower if you get nauseated.

Miralax Colon Cleanse Instructions /Day of the Exam

Step 4- At 2 am take two (2) Dulcolax caplets with a glass of water.

Step 5- At 2:30 am drink the second half of your Miralax mixture (32 oz.) over one hour. You may drink your prep slower if you get nauseated. You may continue drinking **clear liquids until four (4) hours prior to your arrival time.**

*Please remember that your bowel movements should look like urine after finishing your prep.



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