

GATORADE/MIRALAX PREP SPLIT DOSE

Supplies required for beginning this prep can be purchased over the counter. These include:

- 4 **Dulcolax** tablets (laxative)
- Gas-X tablets
- Two 8oz bottles of **MIRALAX**
- Two 32oz. bottles **GATORADE** (no red or purple!)
- **Diabetic patients, use the Gatorade product, G2**

The day before your procedure:

Begin a clear liquid diet on _____

Clear liquids include: chicken, beef or vegetable broth, jello (no red or purple), sodas, tea, coffee (no cream) or fruit popsicles (no red or purple). **NO DAIRY PRODUCTS OR SOLID FOODS.** You may have as much clear liquids as you desire throughout the day.

At **3:00 pm**, take the 4 **DULCOLAX** tablets. Mix one bottle of **MIRALAX** in each bottle Gatorade and chill.

At **4:00 pm**-take two Gas-X tablets

At **6:00pm**-Drink one bottle of the **Gatorade/Miralax** solution at a rate of 8oz. every 10-15 minutes. You must drink the **entire** amount for adequate cleansing. You may have clear liquids until bedtime.

THE MORNING OF YOUR PROCEDURE:

Begin drinking the 2nd bottle of **Gatorade/Miralax** solution 4 hours before you plan to leave home, one 8oz. glass every 10-15 minutes.

Nothing to eat or drink except for the remaining bottle of **Gatorade/Miralax** and medications with enough water to get them down.

Please call our office if you have any questions about this bowel prep. (615)284-4224