

## **GATORADE/MIRALAX PREP**

You will need to purchase the following items from your local pharmacy before beginning this prep.

- 4 Dulcolax tablets (over the counter)
- 238gram bottle of MIRALAX (over the counter)
- 64oz. bottle of GATORADE (or two 32oz. bottles-no red or purple!)

**On the day prior to your procedure \_\_\_\_\_ begin a clear liquid diet.** Clear liquids are 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.

In the morning, mix the entire bottle of Miralax into the 64oz. of Gatorade and chill.

At **3:00 pm**, take the 4 **DULCOLAX** tablets.

At **5:00 pm**, begin drinking the **Gatorade/Miralax** solution at a rate of 8oz. every 10-15 minutes. You must drink the **entire** amount for adequate cleansing.

After you have completed ALL of the solution, you may return to consuming clear liquids. Do not drink anything after midnight prior to your procedure unless you are instructed otherwise.

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