

One Day Clear Liquid with One bottle of Miralax

Please purchase the following items at the grocery store or pharmacy. (Over the counter)

1. **Dulcolax (Bisacodyl)** Laxative 5 mg tablets. (You will need a total of 4 tablets)
Make sure you purchase laxative tablets and not the "stool softeners".
2. **Miralax 238gram bottle (powder)**
3. Gatorade, Vitamin water, Smart water or any other beverages with Electrolytes-purchase two 32 oz bottles or one 64 oz bottle. Water alone is not recommended as you can become depleted of electrolytes in the cleansing process. NO RED.
4. **Diabetic patients:** Use sugar free beverage: Smart water or Vitamin water.

Two days before your procedure:

Take 2 Dulcolax laxatives @ 8:00 pm.

The day before your procedure:

You will be on a clear liquid diet all day. **You must avoid solid foods, dairy products, and juices with pulp such as orange and grapefruit juices, and red and purple liquids.**

Examples of clear liquids are: plain broth (beef or chicken is fine). Clear juices (white grape, white cranberry, or apple), sport drinks like Gatorade or powerade, sodas (coke, sprite etc.) Plain coffee or tea without creamer, popsicles (no sherbets or fruit bars), jellos (lemon, lime, peach) and of course water. It is important that you drink as much fluid as you can throughout the day.

At 5:00 pm, mix half of the Miralax bottle (119 G) with one 32 oz bottle of clear liquid. Drink 8 oz of the solution every 10-15 minutes until gone. Continue drinking liquids throughout the evening.

****Please note:** The diarrhea effect usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, this will improve once the diarrhea begins. If you develop nausea or vomiting, take a break from drinking for an hour. Resume drinking at a slower rate. Diarrhea usually continues for 1-2 hours after completing Miralax. Stay close to a bathroom once you start the prep. Use non-alcohol wipes to cleanse after each bowel movement. You may use cream such as Vaseline, Desitin, or A&D ointment for soreness or irritation of the skin.

****Please note: If you develop pain and cramping after taking the first dose of Dulcolax, do not take the second dose.**

Take 2 Dulcolax laxatives at 8:00 pm

Morning of procedure:

At **4 am,** mix the remaining Miralax bottle with 32 oz bottle of Gatorade. Drink 8 oz of the solution every 10-15 minutes until gone.

Stop all clear liquids (including water) at **5 am.**

Date of procedure: _____ **Arrival time:** _____