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Colonoscopy Preparation with Miralax/Gatorade

For this preparation, you will need:

1. One 238 gram bottle of Miralax
2. Two Dulcolax tablets
3. 64 oz. of Gatorade (NO RED OR PURPLE)

THE DAY BEFORE YOUR COLONOSCOPY

Drink only clear liquids throughout the day.

You **may NOT have any solid or soft food**. Milk or dairy products are also NOT allowed.

Please avoid red or purple clear liquids.

Clear liquids are those you can “see through”

Examples include:

- Water
- Strained fruit juice without the pulp (apple, white grape juice)
- Tea without milk or creamer
- Clear broth or bouillon
- Ginger Ale
- Lemon-lime soda
- Lemonade
- Sports Drink (Gatorade)
- Kool-Aide or other fruit flavored drinks (NO RED or PURPLE)
- Plain Jell-O without added fruit toppings (NO RED or PURPLE)
- Ice Popsicles (NO RED OR PURPLE)

→ The Following is the schedule for using Miralax/Gatorade:

Step 1 Beginning at approximately 12:00pm

Take two (2) Dulcolax tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.

Step 2 Beginning at approximately 5:00pm

Mix bottle of Miralax in 64 oz. of Gatorade (or other clear liquid). Shake the solution until the Miralax is dissolved. Drink 8 oz. of the solution every 15 minutes until the solution is finished.

→ If your colonoscopy is scheduled for the morning, DO NOT EAT or DRINK anything after midnight.