Colonoscopy Prep

Miralax & Gatorade



YOU WILL NEED:

For this preparation, you will need:

- One 238 gram bottle of MiraLax (or generic equivalent)
- Two Dulcolax tablets (or any laxative)
- 64 oz. of Gatorade (avoid red, purple, and orange) or other clear liquid

These items are all available over the counter.

DAY BEFORE THE PROCEDURE:

The day before your colonoscopy you should drink only clear liquids. It is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day BEFORE you start prep.

During your prep, you cannot have:

- any solid or soft food
- milk or dairy products
- red, purple, and orange liquids

Clear liquids are those you can see through, including water, strained juice, clear broth, lemonade, etc.

Lucas County Health Center
An Affiliate of UnityPoint Health

Schedule

STEP 1: BEGINNING AROUND 4 PM THE DAY BEFORE YOUR PROCEDURE

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

STEP 2: AROUND 10 PM THE DAY BEFORE YOUR PROCEDURE

Mix the bottle of Miralax in 64 oz of Gatorade (or other clear liquid.) Shake or stir the solution until the Miralax is dissolved (about 3 minutes.) Drink 8 ounces of the solution every 20 minutes until the solution is finished. You should finish the entire 64 ounces of solution over the next 3-4 hours.

OTHER INFORMATION:

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

If you have nausea/vomiting after starting bowel prep, STOP and wait until you feel better before resuming to drink. Waiting 30+ minutes is okay in order to keep the bowel prep in.

Questions?

If you have any questions or concerns, please feel free to reach out to our Surgery Team.