



MiraLAX-Gatorade Bowel Preparation Instructions

Buy your bowel preparation at least **five days** before your colonoscopy. Purchase:

- Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
- Two 32-ounce bottles of Gatorade®. **(NOT RED or PURPLE).**
- **People with diabetes should use Gatorade G2®. (NOT RED or PURPLE).**

The bowel preparation solution will be consumed in two parts.

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Part 1-----Date: _____ **Time:** _____

At 5:00 PM on the evening before your colonoscopy, take four Dulcolax tablets. At 6:00 PM on the evening before your colonoscopy:

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids till midnight.

Part 2-----Date: _____ **Time:** _____

On the day of the colonoscopy:

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids up to 4 hours before your exam.

YOU MUST STOP DRINKING WATER/CLEAR LIQUIDS 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE.