

MIRALAX PREP

Erik Weise M.D.

You will need:

- 4 Dulcolax tablets (over the counter)
- Two-32 ounce Gatorade or Powerade (no red or blue)
- One 238 gram bottle of Miralax (over the counter)

The day before the procedure:

Drink only CLEAR LIQUIDS the entire day before the procedure. No solid food.

Clear liquids include:

- Water
- Clear fruit juices (apple, white grape juice)
- Bouillon or clear broths (no noodles)
- Coffee and tea (no creamer or milk)
- Carbonated beverages
- Gatorade or Powerade (no red or blue)
- Popsicles (no red, blue, or purple)
- Hard Candy
- Jell-o no fruit added (no red or blue)

Bowel prep Instructions day before surgery:

- 9am-Take 2 Dulcolax tablets with a glass of water
- 12 noon- Pour the entire 238 gm bottle of Miralax into Gatorade and mix well
 - Pour out one 8 oz glass of mixture
- Drink an 8 oz glass of Miralax mixture every 15-20 minutes until gone
- Approximately 3pm or with the last glass of the mixture: take 2 Dulcolax tablets

Drink only clear liquids until your arrival time the day of surgery.

Clear liquids are: water, flavored water, Gatorade, Powerade

If you have any questions contact the office at 937-293-1622