



Miralax Split Prep

Items you will need (available over the counter):

- Dulcolax (laxative) tablets (2)
- Magnesium Citrate 10 ounces
- Miralax or Glycolax, 1 bottle (238 grams)
- at least 2 liters of Gatorade/sports drink

On the day BEFORE your procedure:

-NO SOLID FOOD

-Drink clear liquids ONLY starting the day prior to your procedure (water, flavored water, apple juice, white grape juice, lemonade, Gatorade, chicken or beef broth or bouillon, tea, coffee without milk or creamer, clear juice without pulp, Jell-O, popsicles, and other clear flavored drinks). Avoid purple or red colors. No carbonated beverages.

-4:00 p.m. take 2 Dulcolax tablets

-5:00 p.m. Drink 10 ounces of magnesium citrate

-At 6:00 p.m. take one half bottle of the Miralax [119 grams, 7 capfuls] dissolved in 32 ounces (one Quart of Gatorade). After consuming the Miralax/Gatorade mix, drink 16 ounces of water.

Do Not Mix Miralax with Carbonated Beverages

-Continue diet of liquids until bedtime

- If you are diabetic – see guidelines below. If you are on insulin pump, contact your endocrinologist for further instructions.

Procedure day:

-You may brush your teeth prior to the procedure.

-5 hours before the arrival time for your procedure take the other one-half bottle of the Miralax mixed with 32 ounces of Gatorade. Drink this as quickly as you can. Must be finished within 3 hours of the procedure.

Examples:

Appt at 7:00 a.m. take second dose of Miralax mix at 2:00 a.m. Finish within 3 hours of procedure

Appt at 8:00 a.m. take second dose of Miralax mix at 3:00 a.m. Finish within 3 hours of procedure

Appt at 9:00 a.m. take second dose of Miralax mix at 4:00 a.m. Finish within 3 hours of procedure

Appt at 10:00 a.m. take second dose of Miralax mix at 5:00 a.m. Finish within 3 hours of procedure

Appt at 11:00 a.m. take second dose of Miralax mix at 6:00 a.m. Finish within 3 hours of procedure

Appt at 1:00 p.m. take second dose of Miralax mix at 8:00 a.m. Finish within 3 hours of procedure

Do Not Mix Miralax with Carbonated Beverages.

- Do Not Drink Anything By Mouth 3 Hours Before The Arrival Time For Your Procedure.

- You may take your heart, blood pressure, anxiety, and asthma/lung medications (less than 3 ounces of water) no more than 2 hours the morning of your procedure. Bring inhalers with you.