

# One Day MiraLAX Prep

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

## Before the procedure, buy:

One (1) Bottle of MiraLAX 8.3 oz (238 grams), One 64 oz. bottle of Gatorade (or Powerade or iced tea. Avoid red, blue, or purple), Four (4) 5 mg Dulcolax stimulant laxative tablets (not the stool softener), One (1) small package of chewable Gas-X (Simethicone 125 mg), at least three tablets and soft, cleansing wipes.

1

One day before  
your procedure

Begin a clear liquid diet as soon as you wake up. **NO SOLID FOOD**  
**Review the TIP for GI Procedures for more information**

Mix the **bottle of MiraLAX powder(8.3oz)** in 64 oz. of clear liquids. Mixing the MiraLAX in a variety of clear liquids may make the prep more tolerable. Shake well and refrigerate.

2

One day before  
your procedure  
10am

Take **two (2) Dulcolax tablets** with 8 oz. of water.  
Drink 1 glass of clear liquid every hour while awake.

3

One day before  
your procedure  
12pm

Drink the MiraLAX solution until you have **finished the first half of the 64oz bottle**. Drink the MiraLAX/clear liquid mixture through a straw. Continue drinking 1 glass of clear liquid every hour while awake.

4

One day before  
your procedure  
7pm

Take **two (2) Dulcolax tablets**. Continue drinking 1 glass of water or clear liquid every hour while awake.

5

Five hours  
before arrival  
time

Drink **1 glass of the MiraLAX solution** every 15 minutes until you have **finished the second half of the 64oz bottle, within one hour.**

Take **three (3) chewable Gas-X.**

**Do not drink any liquids 4 hours before your arrival time.**

Do not chew gum or suck on hard candy. This is important to ensure your stomach is empty prior to the sedation medication.

**Note: If you have questions regarding your prep, please call after 8am and our staff can assist you.  
207-535-1100 option #5**