

Bowel Prep Instructions

*Please follow these instructions closely. The prep will be done on the day before your procedure.
Remember to follow a clear liquid diet the entire day before your procedure as well.*

Miralax:

You will need to purchase:

- One 14-dose bottle of Miralax. This is sold over-the-counter.
- 64 ounces of Gatorade (YELLOW or ORANGE ONLY!)

OR

- 64 ounces of Propel Zero (Any Flavor)

At 12:00 noon pour ½ bottle of Miralax into 32 ounces of Gatorade or Propel Zero. Stir Well! Drink 8 ounces of this solution every 15 minutes until it is gone.

Between 6:00pm-8:00pm repeat the same process with the other 1/2 bottle of Miralax and remaining 32 ounces of Gatorade or Propel Zero.

***Please Note: If nausea or vomiting occurs during the prep, stop the prep for one hour and then restart. If symptoms continue, drink 2 bottles of Citrate of Magnesia in place of the prep. This can be purchased over-the-counter at any pharmacy.*

****It is important to drink plenty of clear liquids
in order for your prep to work properly!****