



THE MEDICAL GROUP
OF SOUTH FLORIDA, INC.

Miralax Prep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

The day before your procedure, in the morning prepare the Miralax/Gatorade mixture by pouring a small amount of the room temperature Gatorade into a glass, add the Miralax to the Gatorade bottle shaking until the powder dissolves. Pour the glass of Gatorade back into the bottle making sure all the powder is dissolved. Keep refrigerated.

STEP 1: FOR BOTH ARRIVAL TIMES

- Between 4:00 and 6:00 pm take two (2) Dulcolax tablets with an 8oz glass of clear liquids.
- An hour after you take the Dulcolax tablets (between 5:00 and 7:00 pm) start to drink the Miralax/Gatorade solution. Drink an 8oz glass every 15 minutes to total 4 glasses.

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:

- At 11:00 pm drink the remaining solution, 8 oz every 15 minutes until gone.
- After midnight nothing to eat or drink (not even gum or mints), **except for your morning medications.**

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:

- At 6:00 am the morning of your procedure drink the remaining solution, 8 oz every 15 minutes until gone.
- After you are done with your prep nothing to eat or drink (not even gum or mints), **except for your morning medications.**

***** IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.*****

IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM

Also: The morning of your procedure: THIS IS IMPORTANT!

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water