



Virtua Surgical Group  
Division of Colorectal Surgery

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MIRALAX/GATORADE BOWEL PREP

You must purchase: Two (2) Dulcolax tablets (laxative) **\*\*#4 for chronic constipation\*\***  
One (1) 238 gram bottle of Miralax  
One (1) 64 oz bottle of clear sports drink (i.e. Gatorade, Propel, Powerade, Allsports, etc.) **NO RED...** orange flavor is ok if you cannot find anything else)

On \_\_\_\_\_ the night prior to your prep day, take two (2) Dulcolax tablets or if you have chronic constipation take four (4) tablets with a glass of water before bedtime. (Earlier in the evening is fine)

On \_\_\_\_\_ the day prior to your procedure, drink only clear liquids for breakfast, lunch and dinner. **NO SOLID FOODS**, nothing with pulps or red dye.

Mix the 238 gram bottle of Miralax into the 64 oz. bottle of sport drink. Shake well until powder is dissolved and refrigerate until ready to use.

Between 4 and 6pm, drink an 8oz glass of the Miralax/sport drink solution and repeat every 15 minutes until the solution is completely gone. It may take 1 to 4 hours for diarrhea to begin **\*\*The earlier you take the prep, the sooner the diarrhea will begin and end \*\*\***

**Once your stool has become clear liquid, you may stop drinking the prep.**

**\*\* REMEMBER Nothing to eat or drink after midnight\*\***

**\*\* The morning of your procedure, take all heart and blood pressure medication with a small amount of water. \*\***

**\*\* If you take any blood thinners, such as Coumadin, Plavix, Iron Pills or Vitamin E, please notify this office as to when to stop these medications prior to your procedure.\*\***

Clear Liquids Allowed

- Gatorade and Water
- \*\*If Diabetic - use sugar free products**
- Non-cola Soda
- Iced and Hot Tea
- Hot coffee (no milk)
- Powered nondairy creamer
- Sugar, honey, sugar substitute
- Hard candy (No red)
- Apple Juice, no cider
- White grape juice only
- Jell-O no red
- Popsicles - no red
- Clear broth - beef or chicken
- Bouillon cubes

Food and Drinks NOT Allowed

- Any and all red dye products
- Milk or dairy products
- Orange/Citrus juices
- Alcoholic beverages
- Solid food