

# THOMPSON SURGICAL ASSOCIATES, INC.

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## Miralax - Gatorade Prep For Colonoscopy

- 2 Dulcolax tablets
- 1 - 8.3 ounce bottle of Miralax (238 grams)
- 64 oz of clear (not red) Gatorade, Powerade or Powerade Zero
  
- Mix the entire bottle of Miralax with the 64 oz of Gatorade. Start the prep around 8:00 a.m. the morning before the procedure.
- Take 2 dulcolax tablets and drink 8 oz of the Miralax mixture.
- Drink 8 oz of the Miralax mixture every hour after until it is completely gone.
- Follow a clear liquid diet throughout the day of bowel prep.
- Be sure to drink plenty of clear liquids through out the day.
- Nothing to eat or drink after midnight.
- Avoid eating nuts and seeds 3 days before procedure.

Clear Liquid	Not a Clear Liquid
Gatorade, Pedialyte or Powerade	No red or purple items of any kind
Clear Broth or Boullion	No alcohol
Coffee or Tea (no milk or non dairy creamer)	No milk or non dairy creamers
Clear carbonated soft drinks such as Sprite	No noodles or vegetables in soup
Jell-O that is light in color such as lemon	No juice with pulp
Banana Popsicles	No liquid that you cannot see through
Apple Juice	