

## **MIRALAX PREP**

### **Patient Instructions**

#### **BEFORE YOUR EXAM:**

You will need to purchase these 3 items from your local pharmacy at least 3 days prior to your appointment. You will begin your preparation 2 days before your procedure.

- **1 bottle of magnesium citrate (No prescription needed)**  
In a little green or clear glass bottle. (May improve taste if you refrigerate)
- **1 bottle of Miralax (255 gram) (No prescription needed)**
- **2 liters of Gatorade**

#### **TWO DAYS BEFORE YOUR EXAM:**

- Begin your **clear liquid diet** when you wake on: Day: \_\_\_\_\_ Date: \_\_\_\_\_
- **No solid foods** are to be eaten on this day or next. You may **ONLY have clear liquids.**  
You may have the following items:
  - Coffee, water, or tea. **(no milk or creamer added)**
  - Carbonated beverages (soft drinks), ginger ale. No "Energy" beverages.
  - Gelatin dessert, (JELLO) plain or fruit flavored. **No red or purple coloring.**
  - Apple juice, white grape juice, or cranberry juice. **No pulp, no orange juice.**
  - Gatorade, Powerade, lemonade, or limeade. **No red or purple.**
  - Clear, fat-free, beef or chicken broths, or bouillon.
  - Snowballs, popsicles, slushes. **No red or purple coloring, no pulp.**
  - Clear hard candies, sugar, salt.
  - **Avoid any liquids not listed above.**
- **3:00 PM, two days before your exam, Day \_\_\_\_\_**  
You are to drink 1 bottle of Magnesium Citrate. Then continue with your clear liquid (only) diet for the remainder of the day and the next day.
- **3:00 PM, the day before your exam, Day \_\_\_\_\_**  
You are to drink 1 bottle of Miralax mixed with the 2 liters of Gatorade. This is to be consumed within one hour. Then continue with your clear liquid (only) diet for the remainder of the day

***Avoid having to repeat the procedure due to a poor prep!***

**\*\* DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.....NOT EVEN WATER.....**

<b>NOT PART OF PERMANENT MEDICAL RECORD</b>
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