



# MERCYHEALTH

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## **MIRALAX PREP FOR COLON PROCEDURES**

### **At Least Two Days before the Procedure**

1. Purchase one bottle of Miralax (238 grams). Generic name is polyethylene glycol 3350 (either one is acceptable). Miralax is available over the counter, no prescription needed.
2. 64 oz. of Gatorade, Propel, Crystal Lite or other clear liquid drink (DO NOT BUY RED OR PURPLE DRINK FLAVOR).
3. Flushable moist wipes

### **One Day before the Procedure: DAY OF PREPARATION**

1. Refrigerate your beverage (Gatorade, Propel, and or Crystal Lite).
2. You may have a light breakfast. Drink only clear liquids for lunch, dinner and all snacks (see attached list). Drink at least eight to ten, 8 fluid oz glasses throughout the day.
3. At 4:00pm, mix the entire bottle of Miralax powder with the 64oz of Gatorade, Propel, or Crystal Lite in a pitcher. Make sure the powder is well dissolved. You will need to drink 8oz. glasses of the solution every 15-30 minutes until the solution is finished.
4. Continue to drink as much clear liquids as possible until bedtime. **DO NOT DRINK or EAT ANYTHING AFTER MIDNIGHT** until your procedure has been completed.