




MIRALAX-GATORADE SPLIT DOSING INSTRUCTIONS

MIRALAX GATORADE REGIMEN:

Your will need to pick up the following items:

- (4) Dulcolax Laxative Tablets containing 5mg of bisacodyl each (NOT THE STOOL SOFTNER)
- (1) – 8.3-ounce bottle of Miralax (238 grams)
- 64 ounces of clear liquid (NOTHING RED)
 - Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero are acceptable.

<p>PART ONE – DAY BEFORE YOUR PROCEDURE - NOON</p> <ol style="list-style-type: none">1) At 12:00PM, take (4) Dulcolax tablets.2) Continue drinking clear liquids.	
<p>THE EVENING BEFORE YOUR PROCEDURE</p> <ol style="list-style-type: none">1) At 6:00PM – Drink 8-ounces of Miralax mixture every 15 minutes until half of mixture is gone. (32-ounces total)	
<p>PART TWO – THE MORNING OF PROCEDURE</p> <ol style="list-style-type: none">1) Five hours prior to procedure, begin drinking 8-ounces of miralax mixture every 15 minutes until the remaining half of the mixture is gone. (32-ounces total) NOTHING by mouth within 3 hours of your appointment.	

IMPORTANT REMINDERS!

- PATIENTS TAKING GLP 1 AGONISTS ARE REQUIRED TO COMPLETE THEIR PREP A FULL FOUR HOURS PRIOR TO THE PROCEDURE, HAVING NOTHING BY MOUTH WITHIN THIS FOUR-HOUR WINDOW.
- IF YOU FEEL YOU ARE UNABLE TO COMPLETE YOUR PREP WITHIN THE ALLOTTED TIME, YOU MAY START YOUR MORNING DOSE ONE HOUR EARLIER.
- DO NOT TAKE THE DOSE THE NIGHT BEFORE AND THE DOSE THE MORNING OF THE PROCEDURE WITHIN EIGHT HOURS OF EACH OTHER.
- YOU WERE GIVEN A PRESCRIPTION FOR ONDANSETRON; THIS MEDICATION CAN BE TAKEN TO HELP WITH NAUSEA DURING YOUR PREP. TAKE 1-2 PILLS APPROXIMATELY 10-15 MINUTES PRIOR TO PREP DOSE.