

**MIRALAX PREP instructions: Please buy from pharmacy atleast 5 days prior to your procedure date.**

You will need to buy 1 bottle of Miralax ~ 238 gms bottle, 4 tablets of Dulcolax Laxative 5 mg each, 4 tabs of Simethicone (Gas-X) anti gas pills, and 64 ounces of Gatorade, Powerade, Pedialyte or G2 low sugar Gatorade. - NO RED, ORANGE AND PURPLE LIQUIDS!

These are “over-the-counter” meds and do Not require a prescription.

\*\* Please mix the Miralax powder with 64 oz of the Gatorade liquid, and refrigerate for better tolerance.

**DAY prior to procedure:**

Please take a **CLEAR LIQUID** diet only (**NO SOLID FOODS**) the **ENTIRE** day for breakfast, lunch and dinner. You may take liquids such as water, apple/grape juice, sprite/ginger ale, clear broth with NO solid particles, jello/popsicles, black tea or coffee. Avoid red color foods, and avoid milk/cream.

Avoid Alcohol, marijuana or any illicit substance abuse.

Starting at appx. 5 pm: Take 2 Dulcolax tabs and 2 Simethicone anti-gas tablets.

Starting at 5.15 pm: Take 1/2 of the Miralax mixture. Drink 8 oz of fluid every 15-20 mins till half the mixture is consumed.

**DAY OF PROCEDURE:** (or 11 pm day prior if early morning procedure)

**SIX hours prior to** your scheduled procedure time: Take 2 tablets of Dulcolax and 2 tablets of Simethicone anti-gas tablets, then 15 mins after:

Take the remaining Miralax mixture. Drink 8 oz of the mixture every 15 mins till the entire mixture is consumed.

\*\* Take an additional 3 large glasses of water (8-10 oz) of CLEAR liquids post finishing the prep

You will need finish the prep and STOP drinking any fluids 3 hours prior to your scheduled procedure time. Please avoid hard candy, gum or mints also.

\* NOTHING by mouth 3 hours prior to procedure \*

If you need to take your allowed medications, such as heart meds or blood pressure meds, you can take these post finishing the prep with water 3 hours prior to procedure time.

**Office of Manish Tandon, MD**

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