



Gynecology Specialists
of Philadelphia

BOWEL PREPARATION WITH MIRALAX/GATORADE

For this prep, you will need:

1. One 238 gram bottle of Miralax
2. Three Dulcolax tablets
3. 64 oz of Gatorade

Step 1:

Beginning at 10:00 am take three (3) Dulcolax tablets with 8 oz of water. Swallow the tablets whole with a full glass of water.

Step 2:

Beginning at 12:00 noon mix entire bottle of Miralax in 64 oz of Gatorade (NOT USE RED OR PURPLE). Shake the solution well until the Miralax is dissolved. Drink 8 oz of the solution every 15 minutes until the solution is finished.

EXPECT TO EXPERIENCE FREQUENT LOOSE OR WATERY STOOLS FOR THE NEXT SEVERAL HOURS. IF YOU EXPERIENCE NAUSEA OR VOMITING, TAKE A 15 MINUTE BREAK, THEN CONTINUE DRINKING PREP SOLUTION

CLEAR LIQUIDS DIET

Drink only clear liquids throughout the day before surgery. You may not have any solid or soft food. Milk or other dairy products are also not allowed.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

No Chewing Gum

