

**\*\*BOWEL PREP INSTRUCTIONS – MIRALAX plus GATORADE\*\***

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As you prepare for your upcoming procedure, please follow the instructions outlined below for your MiraLAX and Gatorade bowel prep. If you have any questions or concerns, do not hesitate to contact our office at (904) 533-6686

**Items Needed (Available Over the Counter)**

- **MiraLAX** bottle (238 grams or 8.3 ounces)
- **Dulcolax** or Bisacodyl tablets (5 milligram tablets)
- 64 oz of **Gatorade** (NO RED)

**One Day Before Surgery**

7:00 am: Begin liquid diet.

1:00 pm: Take 2 Dulcolax tablets with water.

1:00 pm: **Mix the MiraLAX prep powder with 64 oz of Gatorade.** Chill if desired.

3:00 pm: Start to drink the MiraLAX + Gatorade mixture – 8 oz glass every 15 minutes over 2 hours.

9:00 pm: Take 2 additional Dulcolax tablets.

**Day of Surgery**

Beginning at MIDNIGHT before surgery take nothing by mouth. Nothing by mouth includes CHEWING GUM, mints, hard candy, smoking of any products. The only exception to this is your regular medications with a SIP of WATER.

**Note for Diabetics**

Diabetics may use Powerade or Gatorade Zero as it contains less sugar than regular Powerade/Gatorade.

Please adhere to these instructions unless otherwise instructed by the Hospital for a successful bowel prep. If you have any questions or concerns feel free to call us at (904) 533-6686.