

Miralax Bowel Prep Instructions

Bowel Prep Supplies

- Two 119g bottles of Miralax* (4.1 Ounces, "7 once daily doses")
- Four Bisacodyl 5mg tablets (Dulcolax)
- One Simethicone 80 or 125 mg tablet (Gas X)
- Two 32 ounce bottles of clear liquid (gatorade, powerade, tea, water). Avoid red/purple drinks.

Bowel Prep Instructions:

-1-2 days prior to colonoscopy: Mix each 119 gram Miralax bottle into two separate 32 ounce bottles of clear liquid (i.e. Gatorade) and store in the fridge.

-Day prior to colonoscopy: **ADHERE TO A CLEAR LIQUID DIET.** Take 4 bisacodyl tablets throughout the day. Can be taken all at once or split into two doses.

-At 7pm: drink 32 ounces of prep solution over 1 hour followed by 32 ounces of clear liquid over 1 hour. Take the Simethicone tablet at bedtime

-6 hours prior to colonoscopy: drink 32 ounces of miralax prep solution over 1 hour. You can continue to drink clear liquids after. Stop drinking 2 hours prior to procedure time.



*1 capful of Miralax = 17 grams.

*Use 7 capfuls (119 grams) for each 32 ounces of liquid.

*Requires 238 grams of Miralax in total.