

Miralax Bowel Prep Instructions

Supplies to purchase:

- Two 119g bottles of Miralax (4.1 ounces, “7 once daily doses”).
- Four Bisacodyl 5mg tablets (dulcolax)
- One Simethicone 80 or 125mg tablet (Gas-X)
- Two 32 ounce bottles of clear liquid (i.e. Gatorade, powerade, tea, apple juice, water, etc) of your choice. **NO RED or PURPLE.**

Instructions for Miralax Prep

1. Please refer to General Bowel Prep Instructions for diet recommendations
2. On the day prior to the colonoscopy, mix 119g (7 capfuls) of Miralax into 32 ounces of clear liquid (i.e. Gatorade, etc). Repeat x1 to create two 32 ounce prep solutions.
3. One day prior to the colonoscopy, at 4pm, take 4 Bisacodyl tablets (20mg total).
4. One day prior to the colonoscopy, at 7pm, drink 32 ounces of prep solution over 1 hour, followed by another 32 ounces of clear liquid over the next hour.
5. Take Simethicone tablet before bedtime
6. Six hours before the procedure, drink 32 ounces of prep solution over 1 hour, followed by another 32 ounces of clear liquid over the next hour.
7. Stop drinking prep 4 hours prior to procedure time

