

Frontier Gastroenterology Center

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MiraLAX (polyethylene glycol 3350) Gatorade preparation for colonoscopy

1. Purchase

- a) MiraLAX (510 grams / 3 cups)
- b) Dulcolax tablets 5mg (stimulant laxative, not the stool softener, 8 tablets).
- c) Gatorade, 64 ounces, any flavor.

2. NO FIBER FOR THREE DAYS BEFORE THE PROCEDURE.

3. Clear liquids only the day before the procedure.

4. Mix three cups of MiraLAX with 64 ounces of Gatorade and drink between 1pm-7pm the day before the procedure.

5. Take Dulcolax tables, 4-5mg tablets at 1pm and repeat at 6pm the day before the procedure.

If you are not having water-consistency bowel movements following the bowel preparation, you may take the remaining cup of MiraLAX or 10 ounces of magnesium citrate.