

Miralax/Gatorade Dosing Instructions

Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is **REQUIRED** a day before the procedure, **NO** solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.

Mixing Instructions:

- Mix one bottle 238 grams of Miralax- 64 ounces (half a bottle) of Gatorade for the morning.
- Do not use red, orange, or purple.
- Place it in the refrigerator to chill.

To begin prep, begin at 6:00 p.m. the evening prior to your procedure.

STEP 1: Drink one (1) 8-ounce cup of Miralax and Gatorade mixed solution every 10-20 minutes. It is best to drink each glass quickly rather than sipping.

STEP 2: The entire prep must be consumed within 2 hours.

Step 3: After consuming prep, continuing drinking clear liquids, an additional 32 ounces of any approved clear liquids may be consumed before midnight.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT – WITH EXCEPTION OF YOUR PRESCRIBED PREP!

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.

Day of Procedure:

Medications: Continue taking medications for heart, blood pressure medication, asthma, and seizure. Take only a small sip of water, no later than 2 hours prior to your procedure.

If you have any questions, please call:214-496-1100

Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- NO Nuts
- NO Seeds
- NO Granola
- NO Fruit with seeds
- NO Dried Fruit
- NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)
- NO Brown or wild rice
- NO Whole grain bread, rolls, pasta, or crackers
- NO Bread or cereal with nuts or seeds
- NO Beans
- NO Potatoes with skin
- NO Cucumbers or pickles
- NO Cabbage or Brussel sprouts
- NO Green Peas, Squash, Onions, Corn, Tomatoes
- NO Soup that's not broth
- NO Popcorn
- NO Juice with pulp
- NO Baked goods with whole grain flour or nuts
- NO food or drink with dye that is in blue, red, or purple color

Avoid These Foods 24 hours prior to your procedure:

- NO food or drinks with dye that is Red, Blue, or Purple.
- NO Alcoholic beverages
- NO Milk products or smoothies
- NO Juices with pulp
- NO Soup
- NO SOLID FOOD, LIQUID DIET ONLY