**Michael J. Rensch MD, Gastroenterology**

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**Colonoscopy Preparation**

**Miralax Preparation**

You need to buy the following (no prescriptions are needed/available over the counter):

* One 64 oz or two 32 oz bottles of Gatorade, Propel, Crystal Lite or other noncarbonated clear liquid drink (no red colors).
* Dulcolax laxative tablets (not suppository or stool softener and you will need 6 tablets for the prep).
* Miralax 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section)

In the morning prior to procedure, mix the 8.3 oz of Miralax with the 64 oz of Gatorade. Chill if desired

1. At 12 PM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ take 3 tablets of dulcolax laxative tablets with water by mouth.
2. At 2 PM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drink half the Gatorade / Miralax. Drink one 8-ounce glass every 15 minutes. You may drink it directly or through a straw.
3. By 5 PM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_take 3 more Dulcolax laxative tablets.
4. By 7 PM night before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drink the other half of the solution. Again, drink one 8-ounce glass every 15 minutes until finished with all the solution.

**(Optional 8am adjustment for procedure time later than 10am)**