

**MiraLAX/Dulcolax INSTRUCTIONS:**

**The day before your procedure start drinking clear liquids first thing in the morning.**

Purchase at the pharmacy/grocery store:

- Gatorade, 64-ounce bottle or Crystal Light (recommended for diabetics)
- MiraLAX, 238 gm bottle
- Magnesium citrate, 1 ten (10) ounces bottle
- Dulcolax (bisacodyl) 5 mg, three (3) tablets

If your procedure is <b><u>BEFORE 12PM (noon)</u></b>	If your procedure is <b><u>AFTER 12PM (noon)</u></b>
1. At 5:00PM- take 3 Dulcolax tablets with at least 8 ounces of water.	1. At 5:00PM- take 3 Dulcolax tablets with at least 8 ounces of water
2. At 5:30PM, drink 1 (one) 10-ounce bottle of Magnesium Citrate	2. At 5:30PM, drink 1 (one) 10-ounce bottle of Magnesium Citrate
3. At 6:00PM, mix the entire bottle of MiraLAX with the 64-ounce bottle of Gatorade or Crystal Light in a pitcher. Shake the solution until the MiraLAX is dissolved. Drink one (1) 8-ounce glass every 10-15 minutes until ½ of the solution is gone. (Drinking with a straw helps).	3. At 6:00PM, mix the entire bottle of MiraLAX with the 64-ounce bottle of Gatorade or Crystal Light in a pitcher. Shake the solution until the MiraLAX is dissolved. Drink one (1) 8-ounce glass every 10-15 minutes until ½ of the solution is gone. (Drinking with a straw helps).
4. At 1:00AM- continue to drink 8 ounces of the MiraLAX solution every 10-15 minutes until the rest of the solution is gone.	4. At 6:30AM- the morning of the procedure, continue to drink 8 ounces of the MiraLAX solution every 10-15 minutes until the rest of the solution is gone.

**STOP drinking at least 3 hours prior to arrival time.**

**\*\*Please allow 5 business day notice for cancellation or there will be a \$200 fee.**