

MIRALAX PLUS PREP

Purchase the following items over the counter at your local pharmacy

- 1. Dulcolax laxative tablets # 4*
- 2. 1 bottle of Miralax (14 doses)(527 gm)*
- 3. 80 oz of clear liquid of your choice- apple juice, Gatorade, crystal lite or sugar free kool-aid(no red or purple)*

2 Days Before Exam

Begin a clear liquid diet at supper. This includes beef or chicken broth made from bullion, apple juice, ginger ale, 7 up, Sprite, tea, black coffee, water and light colored Jello (no red or purple).

Day Before Exam

Continue clear liquid diet

3:00PM Take 4 Dulcolax tablets

5:00PM Drink 8 oz of apple juice, Gatorade, crystal lite or sugarfree kool-aid mixed with one scoop of Miralax. Repeat every 15-30min until 10 doses have been taken.

Nothing to eat or drink, no medications after midnight