

MIRALAX PREP

Purchase the following items over the counter at your local pharmacy

- 1. Dulcolax laxative tablets # 4*
- 2. Small bottle of Miralax (7 doses)(255gm)*
- 3. 64 oz of clear liquid of your choice- apple juice, Gatorade, crystal lite or sugar free kool-aid(no red or purple)*

Day Before Exam

Clear liquid diet all day. 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)

3:00PM Take 4 Dulcolax tablets

5:00PM Drink 8 oz of apple juice, Gatorade, Crystal lite or sugar free kool-aid mixed with one scoop of Miralax. Repeat every 15-30min until small bottle of Miralax is gone.

Nothing to eat or drink, no medications after midnight