



## Capsule Miralax Preparation Instructions

### One week prior:

- Stop taking iron supplements 1 week before.
- Obtain Miralax from your pharmacy - 119gm (“7 doses”) bottle. *No prescription needed.*
- Obtain a total of 32oz of Gatorade. (*if only can find 28oz bottles, just add 4oz of water to equal 32oz of total fluid volume for your mixture*)
  - Avoid red colors.
  - If you are diabetic, you can try “G2” (low calorie Gatorade) or “Powerade Option/Zero” as another choice.

### One day prior:

- You can have a normal meal around 12 noon.
- Do not eat solid foods after lunch or 12 noon.
- You can stay on a clear liquid diet (soup, broth, clear juices – white grape or apple, lemon or lime Jello, Gatorade or Powerade, 7-up, Gingerale) until midnight.  
No milk or coffee.
- At about 7pm, mix Gatorade and the entire container of Miralax (shake it up well so it is fully dissolved). Drink all but 8oz (about 1 glassful) of the mixture within 2-3 hours.
- Nothing to eat or drink after midnight, with the exception of the last 8oz. of the mixture.
- Abstain from smoking 12hrs before procedure.
- Shave abdominal area if hair is present.

### Day of procedure:

- Drink the last 8oz (last glassful) of the mixture at about 6am.
  - Do not worry if you have not had diarrhea or lots of bowel movements.
- Do not take any medications after drinking your last glassful of mixture.
- Do not eat or drink anything by mouth after drinking your last glassful of mixture.
- Wear comfortable and loose clothes. Avoid one-piece clothing (no dresses or jumpsuits).
- Do not apply any lotion or perfume.
- Be at our office at 8am.
- Bring your ID and insurance card.

Please call our office at 734-434-6262 and ask to speak with the nursing department if you have any questions.