

Miralax Colonoscopy Prep

1. One week before procedure:
 - a. No high fiber foods (including seeds and popcorn).
 - b. Hydrate well by drinking at least ½ of your body weight in ounces of water per day.
 - i. Ex. If you weight 150 lbs. drink at least 75oz. of water every day for the 7 days leading up to your procedure.
2. Two days before the procedure, drink a 10oz. bottle of citrate of magnesium at 4pm. **(This can be purchased over the counter at any pharmacy, no prescription needed).**
3. Mix 238g of Miralax powder **(this can be purchased over the counter at any pharmacy, no prescription needed)** with 64 oz. of light-colored Gatorade **(No RED or PURPLE).**
4. AM Procedure
 - a. Drink half of the liquid the day before the procedure at 4pm.
 - b. Drink the remaining half of the liquid the day before the procedure at 10pm.
5. PM Procedure
 - a. Drink half of the liquid the day before the procedure at 6pm.
 - b. Drink remaining half of the liquid the day of the procedure at 4am.