

North Country Gastroenterology

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Gastroenterology
Office Endoscopy
Infusion Therapy

Miralax Bowel Prep Instructions

You will need to purchase a 10 oz. bottle of Magnesium citrate (be sure it has no color) and a 238 gm (14 dose) bottle of Miralax (Polyethylene glycol), these are both over the counter.

Seven days prior to the procedure:

- Avoid excessive use of aspirin, medications that contain aspirin, Advil, or Motrin/Ibuprofen. Tylenol is okay. Take all other regular medications unless otherwise instructed.
- Stop fish oil and avoid popcorn and seeds (fruit with seeds is okay).

The day before the procedure:

- This is an all liquid day. Follow the clear liquid diet, listed on the back.

At 2 pm the day before your procedure:

- Drink the bottle of magnesium citrate. This medication can be chilled to improve taste.

At 5 pm the day before your procedure:

- Mix one capful (17 gm) of Miralax into 8 oz. of liquid and drink. Repeat this every 15-20 minutes for a total of 14 times (you should use all of the powder).
- Please drink 4-5 of these doses with Gatorade, Pedialyte, or some form of electrolyte supplement.
- Continue to drink plenty of clear liquids To help keep track of your doses use the chart on the back of the paper.

At 8 pm the day before your procedure

- chew the simethicone tablets provided
- continue with Miralax doses

The morning of your procedure:

- You may have fluids in the morning; however you may not have anything by mouth 3 hours prior to your procedure.

Approved Clear Liquid Diet

Bouillon

Black coffee or tea, you may sweeten this

Strained fruit juices without pulp (apple, white grape, white cranberry)

Water

Gatorade

Carbonated Soda (coke, Pepsi, ginger ale, sprite, etc.)

Lemonade

Kool-Aid

Popsicles (no sherbets or fruit bars)

Jell-O (no fruit or toppings)

Hard candy

NOTHING RED OR PURPLE AND NO DAIRY

You may use baby wipes and a skin protector such as A&D if you have sensitive skin, as irritation may occur

DOSE TRACKER

Dosing	Time	DONE
Dose 1	5:00 pm	
Dose 2		
Dose 3		
Dose 4		
Dose 5		
Dose 6		
Dose 7		
Dose 8		
Dose 9		
Dose 10		
Dose 11		
Dose 12		
Dose 13		
Dose 14		