MIRIETTA MEMORIAL HOSPITAL
DEPARTMENT OF GENERAL SURGERY

MiraLAX® Bowel Prep

Purchase:
• (4) Dulcolax Laxative Tablets
• (1) 64 oz bottle of Gatorade
• (1) 238 gm (8.3 oz) bottle of Miralax

The Day Before Surgery
• It is important that you follow the CLEAR LIQUID DIET the ENTIRE day before your surgery
• NO milk or milk products
• NO alcohol products

CLEAR LIQUID DIET:
• Chicken, beef, or vegetable broth
• Lemon, lime, or pineapple jello ONLY
• Lemon, lime, or banana popsicles ONLY
• Water, coffee, or tea (NO cream or milk is allowed)
• 7UP®, Sprite®, or ginger-ale (regular or diet)
• Apple, white grape, or white cranberry juice

If diabetic, use sugar free products.

Starting at 9 a.m.
Take four (4) Dulcolax® tablets with 8 ounces of clear liquid
• Mix the MiraLax® bottle with the 64 ounces of Gatorade.
• You may want to use a large container for easier mixing. Place in the refrigerator to chill for later use.

Starting at 11 a.m.
• Drink 8 ounces of MiraLax®/Gatorade mixture every 30 minutes until you have consumed the ENTIRE mixture.
• Drink 3 or more 8 ounce glasses of clear liquids throughout the evening.
• NOTHING TO EAT OR DRINK AFTER MIDNIGHT
• NO GUM, MINTS, CANDY, TIC TACS, OR WATER

Day of procedure
• You may take necessary medications with a sip of water
• You are required to have someone drive you home

24 Hour Nurse Line

Our registered nurses (RN) take calls 24 hours a day, 7 days a week. With special training, our team can help talk through your concerns, review your symptoms, and point you in the right direction of care. Call (844) 474-6522 anytime you need.