

# Miralax/Gatorade Bowel Prep

## On the day before the procedure:

### **At 3:00 p.m.:**

- Take 4 **bisacodyl** laxative tablets (over-the-counter laxative).
- Mix a 238 gram bottle of **Miralax** (over-the-counter laxative) in 64 ounces of Gatorade (no red) until dissolved and refrigerate.

### **At 6:00 p.m.:**

- Start drinking the Miralax.
- Drink one 8 ounce glass every 15 minutes until gone.

Continue to drink as much clear liquid as you want up until 3 hours prior to your registration time.

If you have any questions, please contact our office at (920) 223-0490.