



611 Grammont Street. Monroe, LA 71201
318.325.2634 or 1.800.293.2634

Miralax® Prep Afternoon Procedure

Supplies Needed: 1 bottle (238 grams) of Miralax	Gatorade (no red or purple)
6 Dulcolax tablets (or the generic-Bisacodyl)	1 Bottle of Magnesium Citrate (10 oz)
2 Linzess 290 mcg capsules	

2 Days Before Procedure: _____

- 8:00am Take one Linzess 290mcg capsule with large glass of water.

1 Day Before Procedure: _____

- Clear liquids ONLY all day. No solid food. Clear liquids include: water, clear sodas, coffee (no milk or creamer), tea, gelatin (no red or purple), chicken or beef broth, clear juices (apple, white grape), popsicles (without fruit pieces).**

NO RED OR PURPLE! NO MILK! NO ALCOHOL! IT IS IMPORTANT THAT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY UNTIL MIDNIGHT.

- 8:00am Take one Linzess 290mcg capsule with large glass of water.
- 5:00pm Take 2 Dulcolax tablets with a large glass of water.
- 5:30pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 6:00pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 6:30pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 7:00pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 7:15pm Take 2 Dulcolax tablets with a large glass of water.
- 7:30pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 8:00pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 8:30pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 9:00pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.

You may continue clear liquids until midnight. Nothing by mouth after midnight except second dose of prep.

Day of Procedure: _____

- 5:00am Take 2 Dulcolax tablets with a large glass of water.
- 5:30am Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 6:00am Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 6:30am Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 7:00am Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.
- 8:00am **If your bowel movements are not clear or light yellow at this point,**
Drink 10 oz of Magnesium Citrate with a large glass of water.

*Take all of your morning medications, if any, with a sip of water

If you are a diabetic, call your primary care physician for dosage changes the day before your procedure.

The day of your procedure, DO NOT TAKE YOUR DIABETIC MEDICATIONS & CHECK YOUR BLOOD SUGAR.

Bring a driver. You will be here approximately 2 hours. If you do not have a driver, your procedure will be canceled.