

## Miralax Bowel Preparation

Purchase the following items over the counter at the pharmacy:

Four Dulcolax brand LAXATIVE tablets

Miralax 1 bottle of powder, 238 gram

64 oz bottle of water

Instructions for taking the Miralax bowel prep

Begin the prep process at 12 noon the day prior to the procedure

1. At 12 noon, take 2 Dulcolax laxative tablets with 6 oz of water
2. At 1 pm Mix the 238 gram bottle of Miralax with 64 oz of water
3. Begin drinking the Miralax prep 8 oz every 30 minutes until done with 32 oz of the miralax prep
4. At 3 pm take 2 Dulcolax laxative tablets with 6 oz of water
5. Take a break for 3 hours
6. At 6 pm, begin drinking the remaining 32 oz of the Miralax prep every 30 minutes until completed.
7. Finish the bowel prep by 8 pm