



# Medical Clinic of Houston, L.L.P.

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## **“GATORADE & MIRALAX” Bowel Prep**

**You need to buy the following. (No prescriptions are needed. Ask your pharmacist for assistance):**

1. One 64 oz. or two 32 oz. bottles of Gatorade, Propel, Crystal Lite or other non-carbonated clear liquid drink (no red or purple colors). If you have diabetes, you may use sugar-free Gatorade.
2. Six Dulcolax laxative tablets (5 mg each; not suppository or stool softener). Generic name: Bisacodyl.
3. Miralax 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 powder (you can find these in the laxative section).
4. One bottle of Infants' Mylicon Liquid (or generic equivalent): Ask pharmacist for substitute if this brand is not available.

## **On the day before the colonoscopy:**

1. On the morning before your colonoscopy, mix the 8.3 oz. of Miralax with the 64 oz. of Gatorade (or other non-carbonated clear liquid that you chose) and 3 milliliters (cc) of the Mylicon drops. Stir or shake the contents until the Miralax is completely dissolved. Chill if desired.
2. At 4:00 pm on the evening before your procedure, take 3 tablets of Dulcolax laxative pills (15 mg total) with water.
3. At 6:00 pm on the evening before your procedure, drink the first half of the Miralax + Gatorade solution.
4. At 6 to 7 hours before your appointment time (on the day of the colonoscopy), take 3 tablets of Dulcolax laxative pills (15 mg total). Then drink the second half of the Miralax + Gatorade solution.