



MiraLAX (polyethylene glycol) Bowel Prep

Complete this prep the day **before** procedure, on (date) _____

NO SOLID FOOD TODAY - CLEAR LIQUIDS ONLY (see back for list).

*All products are available over the counter at local pharmacies
such as Walmart, Walgreens, Target, etc.*

9 a.m. Drink at least 12 ounces of clear liquids.

10 a.m. Drink at least 12 ounces of clear liquids.

11 a.m. Drink at least 12 ounces of clear liquids.

12 p.m. With the first glass of the mixture, also take four (4) Bisacodyl tablets.
(Provided with this sheet.) **SWALLOW THE TABLETS—DO NOT CHEW.**
Mix one (1) 238-gram bottle of MiraLAX (polyethylene glycol) with 64 ounces
of Gatorade, Powerade or Propel water. Drink the mixture during the next
three (3) to six (6) hours. For example: To complete drinking the full mixture in
three hours, you would drink an 8-ounce glass every 20-30 minutes.

If you are feeling sick while drinking the mixture, take a break for an hour and drink some
7-Up or ginger ale, then resume. You can drink clear liquids all day until **midnight**. If unable
to start Miralax prep early, you may start at 4:00 pm, and finish in 2-4 hours.

Note: Please stay home once you have started your prep. Using moist towelettes or
wipes may help to minimize discomfort during the prep.

Your stool should eventually appear like yellow-green liquid (like Mountain Dew), and you
should be able to see through to the bottom of the toilet. There may be some flecks of
mucous streaks on the bottom, which is normal.



If your stool is **not** see through the morning of your procedure, please contact the procedure location. They may have you come in a little earlier that day.

Pine Ridge Surgery Center: **715-843-1019**

Aspirus Wausau Hospital: **715-847-2799**

Plover Hospital Surgery Center: **715-342-1015**

You may drink clear liquids until midnight including:

- Water and mineral water
- Any fruit juices without pulp (i.e. apple juice)
- Jell-O
- Diet or regular soda
- Diet or regular Kool-Aid
- Gatorade, Powerade or Propel
- Popsicles
- Clear broth or bouillon
- Coffee or tea without cream

You may take your medications with a sip of water the day before your procedure. Consult your physician about taking medications the day of the procedure.

If you are **diabetic** and are concerned about your blood sugars, you may take Boost or Ensure (without fiber) the day before the exam (up to a maximum of three cans/containers).

Day of procedure / Date: _____ **Arrival time:** _____

Due to the sedative medications that are given to you during your procedure, **you cannot drive home**, and you should have someone stay with you at home after your procedure for your safety.

If the physician removes polyps or takes biopsies, do not take Aspirin, Aleve, Ibuprofen, fish oil and Vitamin E for one week after your procedure.

The physician will talk to you after your procedure. Due to the sedative medication, you may not remember talking to him/her.

If you have any questions, call your physician at 715-847-2022.