



Carolinah HealthCare System

Begin Clear Liquids Your Gatorade/Miralax Prep

Your test is on: _____

You will begin the Gatorade/Miralax Prep on: _____

You will be using Gatorade and Miralax to prepare for your test. You will need 1 bottle of Miralax (238 grams) and 1 64 oz. bottle of clear Gatorade, or two 32 oz. bottles of clear Gatorade. This sheet will give you step-by-step instructions on how to use them.

Day Prior to Your Test

- Mix the entire bottle of Miralax into the 64 oz. of Gatorade. If you have two 32 oz. bottles of Gatorade divide the Miralax evenly between the two.
- Shake until fully dissolved
- Drink 8 oz. every 30 minutes until half of 64 oz. is gone, or one whole 32 oz. bottle is empty.

Day of Your Test

- 5 hours prior to your procedure drink the remaining solution. Drink 8 oz. every 30 minutes until it is all gone.

Remember . . .

- **Do not drink anything 3 hours before your test.**
- After you have finished your prep, your bowel movements should be a clear yellow or a clear green watery liquid. There should be no solid or large parts in it. If it is not clear and watery, you need to call our office to let us know.