

# Miralax and Gatorade Bowel Prep

## Day #1 of 2 Day Prep

No Prescription Required



Your physician has chosen for you to be on a two-day prep to cleanse before for your procedure.

**Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is REQUIRED a day before the procedure, NO solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.**

- Two days before your procedure you should eat light meals for breakfast and lunch. Day before procedure, clear liquid diet only.

See enclosed prep instructions for approved list of clear liquids.

- You will also need to purchase a 119g bottle of Miralax and 1 liter of Gatorade flavor. **Do not use red, orange, or purple Gatorade.**

- Mix and begin to drink the Miralax and Gatorade beginning at 6:00 p.m. on Day #1 of the 2-day preparation.
- On Day #2 of your prep, follow the standard prep instructions enclosed.

If you have any questions, please call: 214-496-1100

## Approved Foods to Eat on Day 2 and Day 3 Prior to

### Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

### Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



### Avoid These Foods 3 days prior to your procedure:

- NO Nuts
- NO Seeds
- NO Granola
- NO Fruit with seeds
- NO Dried Fruit
- NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)
- NO Brown or wild rice
- NO While grain bread, rolls, pasta, or crackers
- NO Bread or cereal with nuts or seeds
- NO Beans
- NO Potatoes with skin
- NO Cucumbers or pickles
- NO Cabbage or Brussel sprouts
- NO Green Peas, Squash, Onions, Corn, Tomatoes
- NO Soup that's not broth
- NO Popcorn
- NO Juice with pulp
- NO Baked goods with whole grain flour or nuts
- NO food or drink with dye that is in blue, red, or purple color

### Avoid These Foods 24 hours prior to your procedure:

- NO food or drinks with dye that is Red, Blue, or Purple.
- NO Alcoholic beverages
- NO Milk products or smoothies
- NO Juices with pulp
- NO Soup
- NO SOLID FOOD, LIQUID DIET ONLY