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Miralax

Bowel Preparation for your Colonoscopy

APPOINTMENT: date: _____ time: _____ report: _____

WHERE: _____ Raleigh Endoscopy Center Cary _____ WakeMed Cary _____ Rex Hospital

PURCHASE: (2) 64oz bottles of gatorade
 (1) 8.3oz bottle of miralax (over the counter)

TO DO:

- Stay on clear liquids (_____ days)
- Empty ½ the bottle of miralax into (1) 64oz bottle of gatorade.
- (Mix well)
- Start taking the gatorade: 8oz glass every 15mins, until finished. (Make sure you have access to a bathroom).

- 12Hrs/24hrs after taking the gatorade solution, mix the remaining Miralax and gatorade and take the solution 8oz glass every 15 mins until all the solution is finish.

**** There will be a \$50.00 Fee to reschedule or cancel a procedure without 48 hrs notice.