

Extra Prep Instructions

Miralax

These supplemental bowel preparation instructions are meant for patients with a history of constipation or have had difficulty fully evacuating their bowels for other exams.

Items you will need in addition to the standard prep instructions:

One bottle of Miralax which can be purchased at any pharmacy, Wal-Mart, Dollar Store, or Target.



STEP 1:

At 8am the **day before your exam**, mix 2 capfuls of Miralax powder into 24 ounces of water. Mix until powder is completely dissolved and drink it within 2 hours.

STEP 2:

Continue with the standard instructions attached.