



EAST END GASTROENTEROLOGY & HEPATOLOGY

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2 DAY BOWEL PREP INSTRUCTIONS:

- **Pick up a Bottle of Miralax (238G) from your local pharmacy**

Day 1 (2 Days Prior to Procedure)

Start Clear Liquids on _____

When you wake up, begin your **CLEAR** liquid diet. **NO solid food at all.**

The following liquids are allowed:

Water	Seltzer	Sprite
Apple Juice	Crystal Light	Green Tea
White Grape Juice	Mountain Dew	White Tea
Bouillon	Ginger ale	Chinese Broth
Gatorade (Not Red,Purple)	Coffee (NO Dairy)	Tea
Italian Ices	Jello	Ice Pops

NO RED DYES, NO MILK OR DAIRY PRODUCTS, NO PULP, SEEDS OR GUM

NO EXCEPTIONS, UNLESS OTHERWISE ADVISED.

At 5 pm, mix ½ bottle of Miralax with whatever clear liquid of your choice.

Day 2 (Day Before Procedure)

At 8 am, mix the second ½ of Miralax with whatever clear liquid of your choice. Continue clear liquids throughout the day.

Continue to the instruction packet for the remainder of your bowel prep instructions

