



Tips for a Successful Miralax Bowel Prep

- Mix your Miralax with a sport drink such as Gatorade, Crystal Light, or Pedialyte. (GoLytlely or Suprep uses water or juice for mixing)
- Try to hold off on Narcotics the day before your prep and prep day.
- Keep the Miralax solution cold and drink it with a straw.
- Be sure to drink only clear liquids on bowel prep day. Clear liquids include: black coffee/tea, Gatorade, coke/pepsi, sprite, 7-up, ginger ale, water, apple juice, white grape juice, clear broth, plain jello, and popsicles. Nothing red, blue, or purple.
- Drink clear liquids on prep day in addition to your Miralax solution. You can have all the clear liquids you want on prep day in addition to your Miralax prep.