

Gastrointestinal Specialists, LLC

Mirilax / Gatorade Prep (Dr. Finklestein)

Purchase at the Pharmacy:

Four (4) Bisacodyl tablets (comes in a package of 10)

238 gram bottle of Mirilax®

64 ounces of Gatorade® (no red or purple)

One Day Before Procedure:

1. Entire day before the exam you may have only clear liquids, no solid foods.
(See clear liquid diet list in brochure).
2. At 3:00 PM mix the 238 gram bottle of Mirilax® in 64 ounces of Gatorade®. Shake the solution until fully dissolved. Drink an 8 ounce glass every 15-20 minutes until half the solution is finished.

Note: If you feel nauseated or bloated, take a break until you feel better then resume drinking.

3. At 6:00 PM take (2) Bisacodyl tablets.
4. At 9:00 PM start drinking the remainder of the solution. Drink (1) 8 ounce glass every 15-20 minutes until gone.
5. At: 12:00 AM (Midnight) take (2) Bisacodyl Tablets.

Be sure to continue drinking clear fluids in between taking the bowl prep.