

# Colon and Digestive Health Specialist, LLC

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## MIRALAX 2 DAYS BEFORE Instructions

You will need to purchase:

- 1 bottle of Gatorade 64oz (No red or purple)(If diabetic- get sugar free)
- 510 gram bottles of Miralax

Two days BEFORE the procedure:

At 4:00 PM, mix 510 gram bottle of Miralax with 64oz Gatorade. Drink an 8oz glass of the mixture every 10 to 15 minutes. Complete drinking the entire mixture by 10PM.