Miralax/ Gatorade Purge
Instructions

You will need to purchase:

- Two (2) Bisacodyl tablets (over-the-counter) - each tablet contains 5 mg bisacodyl.
- One (1) 238-gram bottle Polyethylene Glycol 3350 powder (MiraLAX) (over-the-counter)
- Two (2) 32-ounce bottles of Gatorade (G2). It must be G2, do not substitute. Any color/flavor is acceptable. If you are diabetic, you may use Low Calorie Gatorade (G2).

Instructions:

1. **2 hours before** starting Miralax/Gatorade take 2 Dulcolax tablets by mouth with water.
   a. Do not crush or chew.
   b. Do not take Bisacodyl within 1 hour of taking an antacid.
   c. The first bowel movement should occur six to eight (6-8) hours after taking the tablets.

2. Mix 64 ounces of Gatorade G2 with 238 grams MiraLAX. (You will need to pour some of the G2 out so it does not overflow then you add the Miralax).

3. Drink a total of 64 ounces of the MiraLAX-Gatorade G2 solution within 24 hours.