

Colon prep miralax™

Miralax and clear liquids

Child's name: _____

Day to start clear liquid diet: _____

Circle time: Morning Afternoon Early evening

Clear liquid diet all day

1. This means **no solid foods or thick liquids** all day after you get up.
2. You can only drink the liquids listed on this page.
3. If you drink or eat anything else, we may need to reschedule your procedure.

Only drink this	Special instructions
Water and flavored water	No red or purple colors
Strained fruit juice Flavored fruit drinks	No pulp such as apple, white grape, lemonade May have Capri Sun® No red or purple colors
Clear broth or bouillon Chicken or beef	
Clear carbonated drinks	Clear carbonated drinks Ginger ale, Sprite®, Mountain Dew®, Sierra Mist®, 7up® No red or purple colors
Coffee and tea (hot and iced)	No milk or non-dairy creamer
Flavored drinks Frozen drinks	Kool-Aid®, Gatorade®, Pedialyte® Ice popsicles® and Ices' or Slushes No red or purple
Flavored Jell-O®	No added fruits or toppings No red or purple



Please Remember: If your child eats solid food or drinks liquids not on this list, we may need to reschedule.

Miralax

You can buy Miralax over-the-counter or anywhere that sells pharmacy items. The generic brand is okay. It is called polyethylene glycol 3350.

- There are many different types.
- Make sure "Polyethylene Glycol" is on the label.
- Use colored cap on bottle to measure amount.



First dose of Miralax

School or Day Care: Your child may go to school or day care, but can only drink approved clear liquids. Give the first dose of Miralax when your child gets home.

At Home: If your child stays home, give the first dose of Miralax at 12 noon.

Miralax Cleanout Instructions

Please give your child lots of fluids to drink during the prep. This will keep them hydrated and helps with the prep.

- It is very important for your child to take all of the Miralax.
- If you are having any problems with clean out, please call our office. 682-885-1990.
- After 5:00 p.m. please have the doctor on-call paged.

Age	Size	12 noon or after day care	4 hours later:
Infant to 3 years	Miralax 119 Grams	Mix 2 capfuls of Miralax with 8 ounces of a clear liquid.	Mix 2 capfuls of Miralax with 8 ounces of a clear liquid.
4 years to 7 years	Miralax 239 Grams	Mix 4 capfuls of Miralax with 16 ounces of a clear liquid.	Mix 4 capfuls of Miralax with 16 ounces of a clear liquid.
8 years and older	Miralax 238 Grams	Mix 7 capfuls of Miralax with 32 ounces of a clear liquid.	Mix 7 capfuls of Miralax with 32 ounces of a clear liquid.
Time of first dose:		Time to give 4 hours later:	

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.