Optimal Digestive Care

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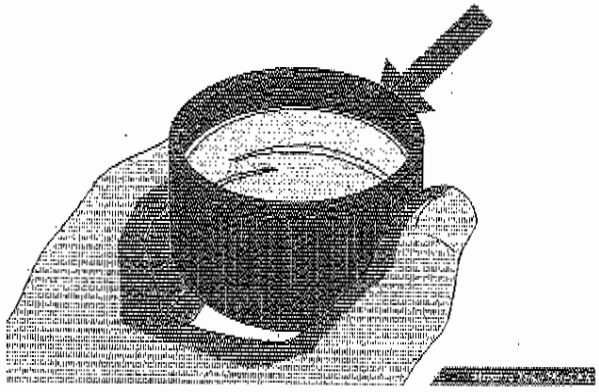

You have been recommended for the MiraLax (ClearLax) Pre-Prep *in addition* to your colonoscopy prep.

- MiraLax (ClearLax) is a light laxative that will be ok to take during normal daily activities
- You will take one 17 gram dose of MiraLax (ClearLax) twice daily, for 5 days prior to starting your recommended prep regimen.
    - To prepare your dose of MiraLax (ClearLax) you will use the cap of the bottle to measure a 17 gram dose of MiraLax powder ***OR*** open one 17 gram single dose packet.
    - Stir the powder in to 8 oz. or a beverage of your choice until dissolved. Enjoy!

SUN	MON	TUES	WED	THUR	FRI	SUN
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