

1. The day before your first FMT (or the morning of your first if your donor is a night donor) do not eat any solid foods. You are limited to clear liquids:
 - Water
 - Strained fruit juices (no pulp)
 - Popsicles
 - Ice
 - Soft drinks
 - Gatorade
 - Clear broth or bouillon
 - Jello
 - Kool Aid
 - Coffee or tea (no milk or cream)
2. Mix the Miralax in a 64-ounce (2 liter) bottle of Gatorade or mix it into a 2 liter pitcher and add crystal light powder or liquid to flavor each glass. We found that the Crystal Light Liquid worked well per glass because we could control the flavor level.
3. Cap the bottle and shake the bottle or stir well to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
4. Start to drink the Miralax. Drink one glass every 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid. It's ok to take a 15 minute break a few times if you begin to feel nauseous.
5. Three hours after you've finished your last glass, you are good to go for your first FMT! If you are still experiencing cramping and urgency, you'll want to wait.