



MIRALAX Prep – Evening Before

Report to the outpatient department at _____

By _____ A.M. on _____

One week before your procedure: Do not take IRON, vitamins or herbal supplements. Do not take **ALLI**(over the counter weight loss capsules). Continue to take your usual medications UNLESS stated by our physician.

Avoid food with seeds (flax seed, popcorn, nuts, berries, etc.) Avoid foods containing **OLESTRA** (non-fat potato chips).

You must follow the instructions carefully to ensure your system will be clean, clear, and ready for examination, if instructions are not following the physician may be unable to perform you procedure.

YOU WILL NEED THE FOLLOWING ITEMS

- 4 Dulcolax Tablets
- 238 gram bottle of Miralax
- 64 ounce bottle of Gatorade (NO RED, ORANGE, or PURPLE)

THE DAY BEFORE YOUR EXAM

- DO NOT eat any solid foods. You must consume 8 ounces of clear liquids every hour.
- At 12:00 pm, take the 4 Dulcolax tablets.
- At 4:00 pm, mix the 238 gram bottle of Miralax in 64 ounces of Gatorade. Shake the solution until Miralax is dissolved. Drink an 8 ounce glass every 10 – 15 minutes until half of the solution is gone.
- At 8:00 pm, drink the other half of the Miralax Gatorade solution.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

CLEAR LIQUIDS - Use a variety of clear liquids off this list

Bouillon

Jello



- Gatorade
- Apple Juice
- Plain coffee
- Plain tea
- Popsicles
- Hard Candy (such as sour balls)
- Soft Drinks
- Ginger Ale

NO MILK OR MILK PRODUCTS - Including Coffee Mate

NO PULP

NO RED OR PURPLE PRODUCTS

DIABETICS: Reduce your insulin from _____ units of _____ in the AM to _____ units. In the PM, reduce your insulin from _____ units of _____ to _____ units.

If you take oral diabetic medications – do not take them the morning of your procedure. Check your blood sugar before you leave home and let the nurse know the results before the procedure.

ESSENTIAL MEDICATIONS

On the morning of the procedure, DO take your heart, blood pressure, seizure, anxiety, and depression medications with a small drink of water.

BLOOD THINNERS

If you take blood thinners such as Coumadin (warfarin), Plavix (clopidogrel), Aggrenox, Pletal (cilostazol), Lovenox (enoxaparin), Heparin or Ticlid (ticlopidine), your physician will give you special instructions on holding these medications prior to your procedure. You do not need to stop aspirin.

**IF you have questions, please call our office at 501-664-6980.
SOMEONE MUST ACCOMPANY YOU TO YOUR APPOINTMENT TO
DRIVE YOU HOME, AS YOU WILL BE SEDATED.**