

# MIRALAX PREP

## Split Dose



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### Report to the outpatient department at

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Contact our office 48 hours in advance if you need to cancel your procedure. Please bring your drivers license and insurance card to your appointment.

### ONE WEEK BEFORE YOUR PROCEDURE

Do not take IRON, vitamins or herbal supplements. Continue to take your usual medications UNLESS stated by our physician. Do not take fish oil 2 days prior to procedure. **Avoid food with seeds (flax seed, popcorn, corn, nuts, berries, etc.)**

### DAY BEFORE PROCEDURE

#### DO NOT EAT ANY SOLID FOODS THE DAY BEFORE YOUR TEST

**CLEAR LIQUIDS** - Please consume more liquids than you normally consume on the day of your prep. Use a variety of clear liquids from the list below. You must consume 8 ounces of clear liquid every hour.

- Bouillon (99% fat free) and Broth
- Apple Juice
- Plain coffee (no cream)
- Popsicles (no red or purple)
- Jello (no red or purple)
- Ginger Ale, Water, Sprite, 7-UP
- Soft drinks (Coke, Diet Coke, Dr. Pepper, etc.)
- Plain tea (no flavoring)
- Hard candy (such as sour balls)

#### 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. Please check your blood sugar before you leave home and let the nurse know the results before the procedure. Please monitor your blood sugar while prepping for 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 before 5am. If you are taking glucagon like peptides receptor agonists such as Ozempic, Monjaro, Semaglutide, and others in this category for a weight loss, please hold this medication for 7 days prior procedure.

**BLOOD THINNERS:** If you take blood thinners such as Coumadin (warfarin), Plavix (clopidogrel), Aggrenox, Pletal (cilostazol), Lovenox (enoxaparin), Heprin, Eliquis, Xarelto (ticiopidine), Effient, or Pradaxa your physician will give you special instructions on holding these medications prior to your procedure. You do not need to stop Aspirin.

\*\* Hold your \_\_\_\_\_ for \_\_\_\_\_ days prior to your procedure.

As a courtesy, we ask for 3 day notice to cancel your procedure. Missed appointments or cancellations without 3 day notice will incur a \$100 fee.

\*Please see reverse side

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### DAY BEFORE PROCEDURE

#### DO NOT EAT ANY SOLID FOODS THE DAY BEFORE YOUR TEST

- You must consume 8 ounces of clear liquids every hour.

#### YOU WILL NEED THE FOLLOWING ITEMS:

- 4 Dulcolax Laxative Tablets
  - 238 gram bottle of MiraLax
  - 64 ounce bottle of Gatorade (No Red, Orange, or Purple)
  - May use (2) 32 ounce bottles for different flavors
- 3PM: Take the 4 Dulcolax Laxative Tablets
- 8PM: Mix the 238 gram bottle of MiraLax in 64 ounces of Gatorade. Shake the solution until MiraLax is dissolved. Drink half of the MiraLax Gatorade solution every 10-15 minutes until it is gone.

### DAY OF PROCEDURE

- 4AM: Drink the other half of the MiraLax Gatorade solution, every 10 - 15 minutes until it is gone.
  - NEXT: Drink 16 ounces of clear liquid over the next hour. Do not consume anything by mouth following this step. This includes gum, candy, mints, and all tobacco products.
- **You must follow the instructions carefully to ensure your system will be clean, clear, and ready for examination. If instructions are not followed, the physician may be unable to perform your procedure.**
  - **Nothing by mouth after midnight other than your prep, this includes gum, candy, mints, and all tobacco products.**
  - **Someone must accompany you to your procedure to drive you home. You will be sedated and unable to drive for the remainder of the day.**
  - **Failure to follow these instructions will result in a delay of your procedure time.**

**If you have questions, please call our office at (501) 664-6980.**