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Miralax Prep Instructions

\*\*DO NOT TAKE ASPIRIN, ANTI-INFLAMMATORY MEDICATION, BLOOD THINNERS, OR IRON SUPPLEMENTS ONE WEEK PRIOR TO YOUR PROCEDURE\*\*

What you will need for optimal preparation (purchase at a local pharmacy or grocery store):

- Miralax, 255g bottle (available over the counter)
Dulcolax, 4 tablets (over the counter)
Magnesium Citrate, 10 oz. bottle (not cherry)
Gatorade Ice, 64oz bottle

One day prior to procedure:

- 1. Stay on a clear liquid diet all day. AVOID ANYTHING WITH RED COLORED DYE. (see back for details ->)
2. At 1:00pm, take 4 Dulcolax tablets with a glass of water.
3. At 2:00 pm, drink 10 oz. bottle of Magnesium Citrate by mouth (may be chilled).
4. At 5:00pm, mix all of the 255g bottle of Miralax with the 64oz bottle of Gatorade Ice in a pitcher.
Mix the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone.
5. You may continue drinking clear liquids until midnight. It is important that you maintain hydrated.

Day of the procedure:

- \* You may take important medicines, such as heart or blood pressure medications with a small sip of water.
\* For diabetics only: Reduce your diabetic medication by \_ the day prior to procedure and do not take your medication the morning of the procedure until after you eat. Please consult with your endocrinologist or prescribing physician regarding these recommendations.
\* You will be sedated. You must have a responsible adult drive you home. They should also remain at the clinic during your procedure so that the physician may speak with them once you are in recovery. You should also have someone for 4 to 6 hours after you are home.
\* Please wear comfortable clothes and shoes the day of your procedure.

PROCEDURE: \_\_\_\_\_

PLACE: \_\_\_\_\_

DR: \_\_\_\_\_

DATE: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

Check in at \_\_\_\_\_ AM/PM

- At Outpatient Registration on the \_\_\_\_\_ floor.
At Bay Area Endoscopy Center

NOTE: There will be a hospital or facility charge for any procedure in addition to the physician charge.

State-of-the-art GI Endoscopy Center and Multi-Specialty Surgery Center 15015 Kirby Dr. Pearland, Texas 77047



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## **CLEAR LIQUID DIET**

Clear Broth

Bouillon

Carbonated Beverages (Sprite, 7-Up, Ginger Ale)

Coffee, Regular or Decaffeinated

Clear Fruit Juices (Pulp free)

Jell-O or other Gelatins

Popsicles

Tea, Regular or Decaffeinated

Gatorade or other Sports Drinks

Avoid CREAM SOUPS OR ANY LIQUID WITH PULP

Avoid DAIRY PRODUCTS, ICE CREAM OR SHERBERT

Avoid RED COLORS

Please follow this strict clear liquid diet. Any alterations may interfere with your scheduled procedure or plan of treatment