

MiraLAX Bowel Prep For Procedures

Please read entire instruction sheet before beginning your prep.

THREE DAYS BEFORE PROCEDURE

For three (3) days prior to appointment do not eat any raw vegetables or salad, fruit, seeds, nuts, or corn.

PURCHASE OVER THE COUNTER PRIOR TO YOUR PROCEDURE DATE

- Miralax 238 gm (8.5 oz) bottle
- Gatorade two 32 oz bottles (not red or purple).
- Dulcolax tablets or the generic equivalent. You will need four (4).
- 10 oz bottle Magnesium Citrate

TWO DAYS PRIOR TO YOUR PROCEDURE

- After an early dinner, drink the 10 oz bottle of Magnesium Citrate followed by 8 to 16 ounces of clear liquid.
- No more solid foods after drinking Magnesium Citrate.

DAY BEFORE YOUR PROCEDURE

- NO SOLID FOOD! CLEAR LIQUIDS ALL DAY.
- DO NOT LIMIT YOUR FLUIDS TO JUST WATER. The more you drink the better the prep will work.
- Do not drink anything red or purple in color.
- See clear liquids list on this sheet.
- Between 8 a.m. and 6 p.m., drink 64 ounces of clear liquids from the list.
- 4 p.m. take four (4) Dulcolax tablets with 8 to 16 ounces of clear liquids.
- 6 p.m. Mix half the bottle of Miralax with a bottle of Gatorade and drink one 8 oz glass every 10 to 15 minutes until the bottle is gone.
- Continue to drink clear liquids during the day.

SECOND DOSE OF PREP

DATE: _____

TIME: _____

- Mix the rest of the Miralax with the second bottle of Gatorade and drink 8 oz glass every 10 to 15 minutes until empty.
- DO NOT HAVE ANYTHING ELSE BY MOUTH UNTIL AFTER YOUR PROCEDURE.

CLEAR LIQUIDS

- Water
- Clear chicken or beef broth
- Apple juice
- White grape juice
- Soft drinks
- Gatorade
- Coffee/Tea without cream, milk, or non-dairy creamer
- Jell-o without fruit
- Popsicles
- Clear fruit drinks without pulp
- Avoid anything red or purple
- No alcoholic beverages
- No Jell-o or broth eight (8) hours prior to procedure

IMPORTANT REMINDERS

- If you take diabetic medications, check with your primary doctor regarding how to take them during your preparation.
- Take any heart, blood pressure, breathing, or seizure medication with just a sip of water the morning of your procedure.
- Stop blood thinners (Coumadin, Plavix, aspirin, etc.) three (3) days before your procedure with your prescribing physician's approval.
- Stop over-the-counter supplements seven (7) days prior.
- Avoid taking blood thinning medications (aspirin, ibuprofen, Aleve, etc.) for three (3) days prior to your procedure. You may use Tylenol.
- YOU MUST HAVE SOMEONE WITH YOU TO STAY DURING THE PROCEDURE AND DRIVE YOU HOME.
- You are permitted to have clear liquids up to six (6) hours prior to your procedure time.