

MIRALAX PREP

IMPORTANT:

NO PLAVIX, COUMADIN (WARFARIN),ASPIRIN,FIBER SUPPLEMENTS, VITAMINS, IRON PILLS, PERCODAN OR ALKA-SELTZER FOR 5(FIVE) DAYS PRIOR TO EXAM.

NO ANTI-INFLAMMATORY MEDICATIONS (IBUPROFEN, CELEBREX) FOR 2(TWO) DAYS PRIOR TO EXAM.

IF YOU ARE DIABETIC-TAKE ONLY HALF THE DOSE OF INSULIN THE DAY BEFORE THE PROCEDURE AND NONE THE MORNING OF YOUR PROCEDURE.

PROCEDURE DATE: _____

ARRIVAL TIME: _____

PROCEDURE TIME: _____

REGISTER: ADHEC _____ BROOKWOOD GI LAB _____

PHYSICIAN: _____

You will need the following:

4 (four) Dulcolax tablets-**Laxative, NOT stool softner.** This may be purchased over the counter

Either 64 ounce Gatorade, Power Ade or Crystal Light Lemonade (clear or green)
You may need to pour out about 10 ounces to allow room for the Miralax.

NO RED OR PURPLE LIQUIDS

1 (one) bottle of Miralax (238 grams)- This may be purchased over the counter.

Reglan 10mg. 2(two) tablets-Prescription attached

DAY BEFORE PROCEDURE:

- **NO SOLID FOOD. DRINK CLEAR LIQUIDS ONLY ALL DAY.** (Clear liquids include: water, apple juice, white grape juice, Sprite, 7-up, ginger ale, Gatorade(lemon-lime), broths, Jell-O (lemon lime, orange or pineapple.), tea, black coffee, or carbonated beverages
- Drink plenty of fluids all day.
- At 1:00 PM take the four Dulcolax tablets.
- At 2:30 PM take one Reglan 10mg. tablet
- At 3:00 PM mix the **ENTIRE** bottle of Miralax with the Gatorade, Powerade or Crystal Light and begin drinking 8 ounces every 5 to 15 minutes. This will take about 2 to 3 hours. You may drink other clear liquids during this process.
- Take the second Reglan tablet after half of the Miralax solution has been consumed.
- You may have clear liquids up to 5(five) hours prior to your arrival time for your procedure.

DAY OF PROCEDURE:

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME, THIS PERSON MUST STAY IN THE WAITING ROOM WHILE YOU HAVE YOUR PROCEDURE. YOU MAY NOT BE DROPPED OFF AND PICKED UP.

- If you take blood pressure, heart or seizure medications, you may take these with a very small sip of water. No other medications are allowed the morning of your procedure.
- No food is allowed prior to your procedure
- Liquids are allowed up to 5(five) hours prior to your arrival time for your procedure.
- Arrive for your procedure at your appointed time.
- Please allow three to four hours total for admission, wait, procedure , recovery and discharge.

