



611 Grammont St. Monroe, La. 71201  
318.325.2634 or 800.293.2634

### Miralax Prep® Afternoon Procedure

**Supplies Needed:** 1 bottle (10oz.) Magnesium Citrate (clear) 6 Dulcolax® tablets (or the generic – Bisacodyl)  
1 bottle (238 grams) of Miralax® Gatorade® (no red or purple)

**Day Before Procedure:** \_\_\_\_\_

\_\_\_\_\_ **Clear liquids only all day- no solid food.** IT IS IMPORTANT THAT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY. Clear liquids include: water, clear sodas, coffee (no milk or creamer), tea, clear gelatin (no red or purple), chicken or beef broth, clear juices (apple, white grape juice), ice pops without bits of fruit and you can suck on hard candy. **NOTHING RED OR PURPLE! NO MILK! NO ALCOHOL!**

- \_\_\_\_\_ 5:00pm Take 2 Dulcolax® tablets with a large glass of water.
- \_\_\_\_\_ 5:30pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 6:00pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 6:30pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 7:00pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 7:15pm Take 2 Dulcolax® tablets with a large glass of water.
- \_\_\_\_\_ 7:30pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 8:00pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 8:30pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 9:00pm Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ You may continue to drink clear liquids until \_\_\_\_\_ a.m.

**Day of Procedure:** \_\_\_\_\_

- \_\_\_\_\_ 5:00am Take 2 Dulcolax® tablets with a large glass of water.
- \_\_\_\_\_ 5:30am Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 6:00am Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 6:30am Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 7:00am Mix 1 capful of Miralax® (17g) in 6oz. of water or Gatorade® and drink.
- \_\_\_\_\_ 8:00am If your bowel movements are not clear or light yellow after the last dose, drink 10oz of Magnesium Citrate (chilled) with a large glass of water.

\_\_\_\_\_ Take all your morning medications, if any, with a sip of water.

\*If you use an inhaler, please take a treatment the morning of your procedure whether you are symptomatic or not.

\*\*If you are a **DIABETIC**, please call your primary care physician for dosage changes the day before the procedure.

**The day of your procedure, DO NOT TAKE YOUR DIABETIC MEDICATIONS.**

\*Be sure to check your blood sugar the morning of your procedure.

\*\*If you take **BLOOD THINNERS**, follow instructions given to you at the time of pre-registration.

\_\_\_\_\_ Bring a list of your medications with you.

\_\_\_\_\_ Bring someone to drive you home. You will be here approximately 1 - 1½ hours. **If you do not have a driver, your procedure will be cancelled.**

\_\_\_\_\_ You should not drive for 8-10 hours after the procedure.

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

Place: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Physician performing procedure: \_\_\_\_\_

Patient signature: \_\_\_\_\_ Prep Given By: \_\_\_\_\_