



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

Miralax® Prep Morning Procedure

**Supplies Needed: 1 bottle (238 grams) of Miralax®
Gatorade® (no red or purple)**

**6 Dulcolax® tablets (or the generic – Bisacodyl)
1 bottle of (10oz.) Magnesium Citrate (clear)**

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 UNTIL MIDNIGHT. Clear liquids include: water, clear sodas, coffee (no milk or creamers), tea, gelatin (no red or purple), chicken or beef broth, clear juices (apple, white grape juice) and ice pops without bits of fruit and you can suck on hard candy. **NO 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® in 8oz. of water or Gatorade® and drink.
- _____ 6:00pm Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 6:30pm Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 7:00pm Mix 1 capful of Miralax® in 8oz. 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® in 8oz. of water or Gatorade® and drink.
- _____ 8:00pm Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 8:30pm Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 9:00pm Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ Nothing by mouth after midnight except second dose of prep.

Day of Procedure: _____

If your procedure is scheduled in the early morning, you will need to get up in the middle of the night to take this dose of preparation. We understand this is an inconvenience, but the correct timing of this dose is essential for an effective preparation.

- _____ 1:00am Take 2 Dulcolax® tablets with a large glass of water.
- _____ 1:30am Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 2:00am Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 2:30am Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 3:00am Mix 1 capful of Miralax® in 8oz. of water or Gatorade® and drink.
- _____ 3:30am If your bowels 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 your 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 2 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: _____