

# WESTCHASE GASTROENTEROLOGY

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## MiraLAX Preparation Instructions

Please read over these instructions carefully

**Day of your procedure:** \_\_\_\_\_. Be at the Outpatient Endoscopy Unit at: \_\_\_\_\_.

- ✓ **DO NOT eat or drink.** Exception: if you take blood pressure and/or thyroid medications, take with a small sip of water at least two (2) hours before your procedure time.
- ✓ Please bring the following items with you:
  1. Your insurance cards and driver's license
  2. Eye glasses if needed for reading
- ✓ Please leave jewelry and valuables at home, wedding band(s) may be worn.
- ✓ Please wear comfortable clothes; you will be changing into a gown.

### Important reminders:

- ✓ Someone must drive you home after your procedure. You will not be discharged from the facility if you do not have a driver.
- ✓ Plan on resting after your procedure. Avoid big activities, operating motor vehicles, and do not drink alcohol on the day of the procedure.
- ✓ If you are **DIABETIC**:
  - a. If you use insulin only **use ½ dose** of insulin the night before your procedure and **NO** insulin the morning of your procedure. You may resume your normal dose after your procedure.
  - b. If you take pills, **DO NOT** take the day before and the morning of your procedure. You may resume your normal dose after your procedure.
- ✓ **DO NOT take for SEVEN (7) days prior** to procedure: any **anti-coagulants/blood thinners/anti-platelets** medication(s) (Plavix, Coumadin, Effient, Xarelto, Pradaxa, etc.) Aspirins, and/or NSAIDs. **Please contact the physician who prescribed any of those medications in advance for clearance and/or instructions.** This includes over the counter (OTCs): iron, multi-vitamin with iron, Vitamin E, St John's Wort, ginkgo-biloba, ginger, fish oil, and garlic pills. ***If you need to take a pain reliever, you can take Tylenol (Acetaminophen).***
- ✓ Reduce fiber intake for 2 to 3 days prior to procedure. For example, do not eat nuts, seeds, popcorn, corn, etc. Do not use fiber supplements such as Metamucil, Citrucel, Fiberall, etc.

**NOTE:** IF YOU HAVE NOT SCHEDULED A FOLLOW-UP APPOINTMENT FOR AFTER YOUR PROCEDURE, PLEASE CALL THE OFFICE TO SCHEDULE ONE. WE DO NOT GIVE RESULTS OVER THE PHONE, NO EXCEPTIONS. THANK YOU! **IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE.**

## **THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUID DIET ALL DAY**

Please **DO NOT** eat breakfast or **ANY** solid food the day before and the morning of your procedure. For example, if your procedure is on Monday, do not eat breakfast or any solid food all day Sunday and Monday morning. You may resume regular diet as tolerated after your procedure.

**Drink at least 8 ounces of clear liquids every hour up until you start the MiraLAX prep**

**You will need to purchase one 238 gram bottle of MiraLAX powder and 4 tablets of Dulcolax 5mg/tab (aka Bisacodyl) at your local pharmacy in the laxative aisle.**

1. In the morning, mix the whole bottle of MiraLAX powder in one gallon of water or 64 oz Gatorade (**if Gatorade NO: red/purple/blue**). Shake well until powder is dissolved, chill in the refrigerator.
2. Starting at **3:00 pm** or **6:00 pm**, drink one eight ounce (8 oz) glass every fifteen (15) minutes until all is taken. Try to drink one full glass at a time instead of sipping.
3. After the first bowel movement, take 2 Dulcolax tablets by mouth. Wait for 4 hours then take the other 2 tablets of Dulcolax.

Please stay well hydrated before, during and after you have completed your MiraLAX prep, **HOWEVER, you must stop all liquid intake four (4) hours prior to your procedure time, this also means coffee.** (For example: if your procedure time is 8:00 am, do not drink after 4:00 am.)

**IMPORTANT REMINDER: DO NOT EAT OR DRINK ANY: DAIRY & NON DAIRY FOODS; RED, PURPLE, & BLUE COLORED LIQUIDS; JUICES WITH PULP/UNSTRAINED FRUIT**

<b>Food Groups</b>	<b>Recommended</b>	<b>Avoid</b>
<b>Milk &amp; milk products</b>	none	all
<b>Vegetables</b>	none	all
<b>Fruits</b>	fruit juices without pulp	nectars; all fresh, canned, and frozen fruits
<b>Breads &amp; grains</b>	none	all
<b>Meat or meat substitutes</b>	none	all
<b>Fats &amp; oils</b>	none	all
<b>Sweets &amp; desserts</b>	gelatin, fruit ice, popsicle without pulp, clear hard candy	all others
<b>Beverages</b>	coffee; tea; soft drinks; water; lactose-free, low residue supplements if approved by physician	all others
<b>Soups</b>	bouillon, consommé fat free broth	all others