

MIRALAX PREPARATION

You will not need a prescription for this preparation.

Your bowel preparation starts 3 days prior to procedure with diet restrictions as outlined below.

GENERAL INSTRUCTIONS

Supplies Needed:

- 8.3 oz Miralax or Generic powder
- 10 oz Magnesium Citrate Bottle.
- 2 Dulcolax or Bisacodyl laxative tablets
- Tush wipes
- 64 oz Gatorade (or equivalent)- lemon lime flavor preferred (NOT RED or PURPLE)

All preparation work best when you take them as a split-dose. This means you take the first dose in the evening before the procedure and the second dose the day of the procedure.

A thorough colon cleansing before the procedure is key to its success. It is very important to drink all of the preparation solution and follow the instructions.

Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools up to two hours after you finish the solution.

If you find it hard to tolerate the taste of the solution, these tips may help:

- Refrigerate the solution and drink it cold. Do not add ice or flavorings.
- suck on ice or a lemon or lime wedge
- Chew gum right before you drink each glass of solution.
- Drink the solution through a straw.

Side effects from the solution may include bloating, stomach cramps, nausea and vomiting. You may also have chills, headache and irritation of your rectal area.

If you develop side effects, drink the solution more slowly until your symptoms improve.

Use Rectal Tush wipes to help with rectal irritation from bowel movement.

FOODS YOU MAY EAT STARTING 3 DAYS PRIOR TO PROCEDURE

BREADS/GRAINS:

- Refined breads, toast rolls, biscuits, muffins, crackers, pancakes, waffles
- Enriched white bread and rolls
- Saltines
- Refined ready to eat and cold cereals
- Cooked/refined wheat, corn or rice cereal
- White rice and pasta

MILK/DAIRY:

- Milk, cottage cheese, mild cheese
- Yogurt without fruit
- Ice cream with no fruit or nuts

MEAT/PROTEIN:

- Ground or well cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry without skin, organ meats
- Eggs
- peanut butter-not chunky

MISCELLANEOUS:

- coffee, tea, carbonated beverages
- Sugar, honey, jelly without seeds, syrup
- Salt, soy sauce, ketchup
- Mild spices
- Lemon juice, vinegar, flavoring extracts



3 DAYS PRIOR TO PROCEDURE

Do NOT eat foods high in fiber. Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn and cooked or raw vegetables.

Do not take any fiber or Iron supplements.

Hydration is important and part of the colon cleansing process. Make sure to keep yourself well hydrated before you take the solution, while you're taking the solution, and after the solution.

1 DAY PRIOR TO PROCEDURE

You may have a light/low residue breakfast before 12:00 PM. Low residue foods include eggs, white bread, cottage cheese, yogurt (no fruit), grits, coffee, and tea.

12:00 PM - Please take 2 Dulcolax tablets with a full glass of water and start the clear liquid diet.

CLEAR LIQUID DIET LIST: Do not drink alcohol, milk, red or purple colored liquids, or anything containing pulp.

Clear soda

Watered-down clear fruit juice (with no pulp)

Coffee/tea (without milk or creamer)

Clear broth soups

Sports drinks

Popsicles (without pieces of fruit or pulp)

Gelatin (without fruit or toppings)

Strained lemonade or limeade

5:00 PM – Mix 64 oz. of Gatorade (NOT RED or PURPLE) with 8.3 oz Miralax and place in the refrigerator.

6:00 PM – Drink one 8 oz. glass of Miralax/Gatorade solution every 15 minutes for a total of 8 glasses.

DAY OF PROCEDURE

4 hours before the procedure, drink the bottle of magnesium citrate.

You may take your morning medications at least 3 hours before your procedure with 4 oz of water.

2 hours before procedure STOP drinking all liquids.

If your stool is not yellow to clear, please call the office the morning of your appointment.