

## 2-DAY MIRALAX PREP

St. Thomas Medical Group Endoscopy  
615-250-4108

PATIENT: \_\_\_\_\_

DATE: \_\_\_\_\_

LOCATION: St. Thomas Medical Group Endoscopy Center  
4230 Harding Pike, Suite 400  
Nashville, Tennessee 37205

ARRIVAL TIME: \_\_\_\_\_

- You will be sedated for this procedure. **PLEASE BRING A RESPONSIBLE ADULT WITH YOU.** *The responsible party will be expected to stay on the premises for the entire time of your procedure.* Your responsible party will be required to drive you home or accompany you until you reach your destination. *If a responsible adult is not with you, you will be required to reschedule.*
- Total time for your procedure can be anywhere between 1 hour up to 3 ½ hours (*depending on previous cases that are being done that day*). **Please be patient**, as every case is different.
- Women: If you could be pregnant or seeing a fertility doctor, please notify our office.
- If your insurance information changes prior to your procedure, please notify our office.
- Appointment cancellations require a 24-hour notice or a charge could be incurred.

### SHOPPING LIST:

*These items are all over the counter products and can be purchased at ANY pharmacy.*

1. Three (3) Dulcolax tablets. (*be sure to get the laxative, not the softener*)
2. Two (2) bottles of Miralax / 238 gram (*or generic equivalent*)
3. A total of 128oz of clear liquid of your choice (*to mix with the Miralax powder*)
4. One (1) 10oz bottle of Magnesium Citrate (*not red*)

### CLEAR LIQUID EXAMPLES:

*You may have as much of these as you want the day of the prep.*

- |                                    |                        |
|------------------------------------|------------------------|
| 1. Gatorade (NOT RED)              | 5. Coffee (NO CREAMER) |
| 2. Tea or Water                    | 6. Broth or Bouillon   |
| 3. Soft drinks (Sprite, 7up, etc)  | 7. Jello (NO RED)      |
| 4. Juice (Apple, White Grape, etc) | 8. Popsicles (NO RED)  |

**\*STOP EATING RAW FRUITS & VEGETABLES OR ANY FOOD WITH SEEDS 3DAYS PRIOR TO YOUR EXAM.\***

DAY 1 PREP: \_\_\_\_\_

- \* Eat a normal breakfast
- \* After Breakfast begin clear liquid diet
- \* Mix Miralax with 64oz of clear liquid
- \* Take 3 Dulcolax Tablets
- \* Drink 32oz in the a.m.
- \* Drink 32oz in the p.m.

DAY 2 PREP: \_\_\_\_\_

- \* Continue Clear Liquid Diet for the entire day
- \* Take 3 Dulcolax tablets (before 12 noon)
- \* Mix Miralax with 64oz of clear liquid
- \* Drink 32oz between 12pm – 6pm
- \* Drink the last 32oz – 8-10 hours prior to your procedure
- \* One hour after 2<sup>nd</sup> dose of Miralax-drink entire bottle of Magnesium Citrate

**\*PLEASE BE SURE TO DRINK PLENTY OF EXTRA FLUIDS ALONG WITH THE PREP THROUGHOUT BOTH PREP DAYS.\***

**\*PLEASE FINISH ENTIRE PREP FOR YOUR PROCEDURE\***

**\*NOTHING BY MOUTH 6 HOURS PRIOR TO YOUR PROCEDURE\***

***Please carefully read the sheet titled "About your Medication" ( page 5 in your packet). Please follow any or all of the instructions that apply to your specific medical needs and medications.***