

MIRALAX PREP

Dr. Allan Bailey

PATIENT: _____

DATE: _____

LOCATION: Mid-State Medical Center
2010 Church St, Suite 420
Nashville, TN 37203

Skyline Hospital Registration
3441 Dickerson Pike, 1st floor
Nashville, TN 37207

ARRIVAL TIME: _____

- **PLEASE BRING SOMEONE WITH YOU TO DRIVE YOU HOME.** You will be sedated and will **NOT** be able to drive yourself home. If you plan on taking a bus or taxi home please bring a responsible adult with you.
- Women: Please remove ALL dark nail polish.
- 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 48-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.) One (1) bottle of **Miralax / 238 gram** (or generic equivalent)
- 3.) A total of 96oz of clear liquid of your choice (to mix with the Miralax powder)
(64oz for 1st half and 32oz for 2nd half)
- 4.) 1 - 10 oz. Bottle of **Magnesium Citrate** (not cherry flavored)

CLEAR LIQUID EXAMPLES:

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

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

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

THE DAY BEFORE YOUR COLONOSCOPY:

- Starting with breakfast, you may have **CLEAR LIQUIDS ONLY** all day.
- Between 9:00-10:00 am, take **all 3 Dulcolax tablets.**
- Any time after 12pm, **mix 10 capfuls of Miralax** with 64oz of clear liquid.
(drink at your own pace)
- Before bedtime, (around 7pm - 8pm), **mix 4 capfuls of Miralax** with 32oz of clear liquid.
- If still **NOT CLEAR – PLEASE** drink the full bottle of **Magnesium Citrate**
- Nothing to eat or drink up to 6 hours prior to your procedure.
- Take your normal daily medication on the day of your prep and take your morning medication on the day of the procedure *(with just a sip of water)* **EXCEPT** as listed below.

MEDICAL PRECAUTIONS/ PLEASE READ AT LEAST 1 WEEK PRIOR TO TEST

- **BLOOD THINNERS:** Please contact our office at least 1 week prior to your test if you are on Coumadin, Lovenox, Warfarin, Plavix, Eliquis, Pradaxa, Xarelto, Aspirin or similar blood thinners.
- **DIABETICS:** While you are on the liquid diet you should only take **HALF** the dosage of your diabetic oral agent or insulin. Check your blood sugar before you arrive for your test, and bring your medication with you. **DO NOT TAKE ANY INSULIN OR DIABETIC ORAL AGENT THE MORNING OF YOUR EXAM.**
- **ARTIFICIAL HEART VAVLES:** If you require antibiotics before medical procedures please call our office.
- Do not take any Iron, Carafate or Sucralfate during your prep or the day of your exam.
- **ASTHMA or COPD:** Please bring your inhaler with you on the day of your procedure.