

MIRALAX PREP

Dr. Edward White

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: 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**
- 3.) One (1) bottle of Magnesium Citrate (NOT Cherry flavored)
- 4.) 64 oz. of clear liquid of your choice (to mix with Miralax powder)

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.
- Take **all 3 Dulcolax** tablets mid-morning (around 9:00 or 10:00 am)
- Mix the 238 gram bottle of **Miralax** with 64 oz of clear liquid.
- Begin drinking the **Miralax** mixture (any time after 11:00am).
- Drink the **ENTIRE** bottle of **Magnesium Citrate** prior to bedtime (around 7:00pm).
- Do not eat or drink anything after midnight.

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, or Plavix. If you take 81mg Aspirin, please discontinue 3 days prior to procedure.
- **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:** Please bring inhaler with you on the day of your procedure.