

MIRALAX PREP

Dr. Edward White
(615)329-2141 or (615)868-1064

PATIENT: _____

DATE: _____

LOCATION: St. Thomas West Medical Plaza Skyline Hospital Registration ARRIVAL TIME: _____
4230 Harding Rd – Suite 400 3441 Dickerson Pike - 1st floor
Nashville, TN 37205 Nashville, TN 37207

- 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. (medic-van, taxi, bus, etc.). 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 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 3 DAYS 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:** Blood thinners will need to be stopped 3-5 days prior to procedure. ***If you are on ANY blood thinners, please contact our office at least 1 week prior to procedure for instructions.***
- **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.**
- 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.
- **Do NOT take daily medication until after your procedure.**