

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 2nd 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.