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**Miralax Day Before Prep**

**DATE OF PROCEDURE** \_\_\_\_\_ **TIME OF PROCEDURE** \_\_\_\_\_

**PLACE OF PROCEDURE:** NRH Endoscopy Center

Texas Health Alliance Surgery Center Texas Health Alliance Hospital

**ARRIVE AT** \_\_\_\_\_. Take your insurance card and photo ID with you.

**You will need to purchase the following items:** (4) Dulcolax 5 mg tablets,  
(1) bottle of Miralax 238 grams, (2) 32 oz. Gatorade (**no red, purple or orange**).

**DAY BEFORE THE PROCEDURE** \_\_\_\_\_ **FOLLOW THE INSTRUCTIONS BELOW:**

**Breakfast, Lunch and Dinner, and all day: CLEAR LIQUIDS only**

Examples: broth, Jello (no red, purple, or orange), black coffee, tea, carbonated drinks, apple juice, etc...**NO** solid foods, juices with pulp, or milk products the day prior to the procedure.

**Approximately 12:00 pm (noon):** Take the four Dulcolax (Bisacodyl) 5 mg tablets at one time. Mix half of the bottle of Miralax (119 grams) into the 32 oz. bottle of Gatorade and refrigerate. Mix the second half of the Miralax into the second 32 oz. bottle of Gatorade and refrigerate.

**Approximately 5:00 pm**

Begin drinking the first bottle of the Gatorade/Miralax solution. Drink 8 ounces every 10-15 minutes.

**Approximately 7:00 pm**

Begin drinking the second bottle of the Gatorade/Miralax solution. Drink 8 ounces every 10-15 minutes.

**Please note the more liquid you drink, the better your bowel prep will be. It is recommended that in addition to the bowel prep solution, you should try and drink at least 32 oz of some other fluid during the course of the prep. This can be done either during the times you are taking the bowel prep or after you have taken it. Any of the fluids listed in the clear liquids section are acceptable.**

**DISCONTINUE LIQUIDS FOUR HOURS PRIOR TO YOUR PROCEDURE.**

Stop taking iron products 3 days prior to your procedure.

You may take blood pressure and heart medication on the morning of your procedure.

If you are Diabetic and on medication, please check with your doctor regarding special instructions.

**Have someone available to drive you home due to the IV sedation.**