

Miralax Bowel Prep

Your procedure is scheduled for:

Date: _____ Place: _____

Arrival Time: _____ Procedure Time: _____

Physician: _____

Buy the following:

- **238 gram bottle of Miralax (PEG-3350)**
- **64 oz bottle of sports drink** such as Gatorade. If you have diabetes, buy a low calorie drink such as G2 or Crystal Light instead.
- **Dulcolax (bisacodyl) laxative tablets**

Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)

One day Before the Procedure:

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Drink only clear liquids (no red or purple dye.) Clear liquids include:
water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.
 - DO NOT drink milk or use non-dairy creamer.
 - DO NOT eat or drink anything colored red or purple.
 - DO NOT drink alcoholic beverages.
3. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks. DO NOT drink milk or use non-dairy creamer. DO NOT drink anything colored red or purple. DO NOT drink alcohol.
4. In a pitcher mix the 238 grams of Miralax with 64 oz of Gatorade or other sports drink. Chill.
5. At 5 PM take 3 tablets of Dulcolax laxative by mouth with water.
6. Start to drink the Miralax at 6:00 PM. Drink one glass every 15 minutes. Drink it quickly rather than sipping. Drink half of the liquid within 2 hours. Stay close to a toilet.

Day of the Procedure:

- At least 4 hours before the procedure, begin drinking the liquid again. Finish drinking it at least 2 hours before the procedure.
- Do not eat or chew gum or use tobacco. You may drink clear liquids until 2 hours before your procedure.
- Routine medications may be taken with a sip of water.

Important:

1. You will not be able to drive after your procedure. You will need a driver to stay during your procedure and to drive you home afterward.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before the procedure.
5. So that appropriate adjustments can be made, please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions.

918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3pm