



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
 www.digestivespecialists.com

Same Day Miralax Prep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

You may need special instructions. Please let us know if you:

- Are taking Coumadin, Plavix or any other blood thinner
- Are Diabetic
- Had a **Heart Attack** or **Stroke** in the past six months
- Have an **Artificial Heart Valve** or **Heart Defibrillator**
- May be **Pregnant**

Colonoscopy Prep

1. Miralax 238 gm
– 1 bottle
2. Simethicone 80 mg
– 2 chewable tablets
Do not use Gas-X
3. Dulcolax Laxative
– 2 tablets

Date _____ **Time of Arrival** _____

- Kettering** 999 Brubaker Drive (Blue Canopy) Suite 2 _____ Suite 3 _____
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 7415 Brandt Pike (Blue Canopy)
- Springboro** 77 W. Eleanor Drive

You are scheduled with Dr. _____. The Medical Assistant, _____ may be reached at _____. After 5:00 PM or on weekends, call (937) 293-2169 to page your doctor.

Bring a licensed driver. You will not be allowed to drive home. You may not take a cab alone.

Prep Instructions - Please read line by line to ensure a successful preparation

7 Days before your procedure – Date: _____

- Do not eat any Olestra products such as Olean WOW potato chips or Pringles Reduced Fat.
- Stop taking iron supplements.

3 Days before your procedure – Date: _____

- Avoid all high fiber foods especially fruits, vegetables, nuts and seeds until after your procedure.
- Drink plenty of fluids.

1 Day before your procedure – Date: _____

- **Breakfast:** You may eat solid foods, continuing to avoid the high fiber items listed above.
- **Lunch:** Begin a full liquid diet as instructed on next page. Do not eat any solid foods.

Dinner: Begin Clear Liquid Diet as instructed on the right. Do not consume liquids that contain milk products or eat any solid foods.

- Continue to drink as much clear liquid as you can to remain well hydrated.
- Do not drink any alcoholic beverages.

Day of your procedure – Date: _____

1st part of Miralax Prep

- At **5:00 AM**, take 2 Dulcolax tablets with one glass of clear liquid.
- Then immediately take the first dose of Miralax.
 - Each dose is 17 grams of Miralax in **8 ounces of Gatorade** (17 grams of Miralax can be measured in the cap of the Miralax bottle – fill to the line inside of the cap).
 - Drink one dose of Miralax every 15 minutes until you have completed all 7 doses. *It will take approximately 2 hours to complete the 7 doses.*
- Continue to drink clear liquids to keep you well hydrated until the second part of the prep.

2nd part of Miralax Prep

Even if you are passing clear liquid, you still need to complete the prep.

- At _____ **AM**, start the second dose of the prep – 6 hours before your arrival time.
 - Start drinking one Miralax dose (mixed in Gatorade) every 15 minutes. *It will take approximately 2 hours to complete the 7 doses.*
- Next, take 2 chewable Simethicone 80 mg tablets.

After completing the second part of the prep: Do not drink anything. Do not chew gum or eat hard candy.

Important Information

- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation. If you get nauseated or vomit when drinking the prep and you have not finished the entire dose:
 - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided.
 - Restart the prep and finish it.
 - If you still cannot finish the prep, please call us at the numbers on the front page of these instructions.
- **Bring a licensed driver.** You will not be allowed to drive home. You may *not* take a cab alone.
- After your procedure:
 - Restart all medications as prior to the procedure unless otherwise instructed by your doctor.
 - Drink plenty of clear liquids in order to remain well hydrated.
 - Resume your usual diet unless otherwise instructed by the doctor.

Full Liquids Diet

- Milk
- Milkshakes
- Protein shakes
- Ice cream
- All clear liquids as below

Clear Liquids Diet

- **Gatorade is preferred**
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - **No cream**
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**