



# ACADIANA GASTROENTEROLOGY

A S S O C I A T E S

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## **MIRALAX BOWEL PREP INSTRUCTIONS FOR YOUR PROCEDURE**

**BEFORE YOUR EXAM:** Purchase the following:

- Miralax {over the counter; 14 dose container (238 grams)}
- 2 – 32oz. bottles of Gatorade or another hydration drink
- Dulcolax tablets (you will take only 3 tablets)
- 4 (four) Gas-X tablets

**THE DAY BEFORE YOUR PROCEDURE:**

- Begin a CLEAR LIQUID DIET when you awaken on Day: \_\_\_\_\_, Date: \_\_\_\_\_.
- NO SOLID FOODS are to be eaten on this day. You may ONLY HAVE CLEAR LIQUIDS.
- Miralax Mixture: Dissolve 14 capfuls of Miralax into one of the 32oz. bottles of cold Gatorade or another hydration-type drink.

**Helpful hints to make your prep more tolerable:** Refrigerate Miralax solution and Gatorade until very cold. Mix the two together, add a lid to your cup & drink the solution through a straw.

**1<sup>st</sup> DOSE:**

**6:00 P.M. (day before procedure)** begin drinking the Miralax as follows:

1. Drink 16oz. of Miralax mixture from above
2. Take 3 (three) Dulcolax tablets by mouth
3. Drink an additional 16oz of Gatorade or another hydration drink
4. Follow with 2 (two) Gas-X tablets

(Consume the above bowel prep within 1 hour)

**DO NOT EAT OR DRINK ANYTHING after MIDNIGHT, UNLESS INSTRUCTED OTHERWISE, EXCEPT FOR THE PREP THE MORNING OF THE PROCEDURE & A SIP OF WATER WITH BLOOD PRESSURE MEDICATIONS**

**2<sup>nd</sup> DOSE (THE MORNING OF THE PROCEDURE):**

**Beginning at (time): \_\_\_\_\_, (date): \_\_\_\_\_.**

(If the time of your procedure changes, you must still begin your 2<sup>nd</sup> dose of prep solution 4 hours before the time of your procedure and fully consume it within 1 hour).

1. Drink 16oz. of Miralax mixture from above
2. Drink an additional 16oz of Gatorade or another hydration drink
3. Follow with 2 (two) Gas-X tablets

(Consume the above bowel prep within 1 hour)

**\*\* It is very important that you DO NOT drink ANYTHING 3 hours prior to your arrival time. \*\***

***This entire process is required and is important to follow to ensure a clean colon. If not, your physician will not be able to complete as thorough an exam and you may be asked to repeat your procedure.***

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS ABOVE, or YOUR SCHEDULED PROCEDURE,  
PLEASE CALL: 337-269-0963

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