



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.

1st 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 & 30 minutes.)

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

2nd DOSE (THE MORNING OF THE PROCEDURE):

Beginning at (time): _____, (date): _____.

(If the time of your procedure changes, you must still begin your 2nd dose of prep solution 4 hours before the time of your procedure and fully consume it within 1 hour & 30 minutes)

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 & 30 minutes.)

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 OUR OFFICE: 337-269-0963

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