

CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53rd Avenue, Bettendorf, IA 52722 (563) 383-2686

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Day _____

Date _____

Arrival Time _____

Procedure Time _____

MIRALAX PREP

Special instructions: The laxatives used for this procedure can be purchased over the counter at a drug or grocery store without a prescription. When purchasing Dulcolax (generic Bisacodyl) make sure that it is the LAXATIVE, not the stool softener.

One (1) WEEK before your exam:

- No popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) one week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

One (1) DAY before your exam:

- **No solid foods are allowed!** You may have only clear liquids. See back side of sheet for clear liquid diet.
- Drink eight (8) oz of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration.

FIRST ROUND PREP INSTRUCTIONS:

Mix eight (8) tablespoons of Miralax with thirty-two (32) ounces of clear liquid.

- Take two (2) Dulcolax at **12:00 PM**
- Drink an entire 8 ounce glass every 15 minutes.
___ 12:00 PM , ___ 12:15 PM, ___ 12:30 PM, ___ 12:45 PM

SECOND ROUND PREP INSTRUCTIONS:

Mix eight (8) tablespoons of Miralax with thirty-two (32) ounces of clear liquid.

- Take two (2) Dulcolax at **3:00 PM**
- Drink an entire 8 ounce glass every 15 minutes.
___ 3:00 PM, ___ 3:15 PM, ___ 3:30 PM, ___ 3:45 PM

THIRD ROUND PREP INSTRUCTIONS:

Mix eight (8) tablespoons of Miralax with thirty-two (32) ounces of clear liquid.

- Drink an entire 8 ounce glass every 15 minutes.
___ 7:00 PM, ___ 7:15PM, ___ 7:30 PM, ___ 7:45PM

Six (6) hours before your exam:

Date/Time: _____

- **Discontinue all clear liquids.**

YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE HEALTH DURING YOUR THE PROCEDURE

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PLEASE CALL IF YOU ARE HAVE QUESTIONS, CONCERNS OR PROBLEMS
WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

Common questions:

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort
- For morning procedures, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear and liquid. (Mountain Dew color is common.)

CLEAR LIQUID DIET

DO NOT DRINK ANYTHING RED OR PURPLE

CAN HAVE

Apple Juice
Tang
HI-C Fruit Juice
Coffee
Broth or Bouillon
Plain Jell-O (no fruit or sugar free)

Gatorade
Popsicles
Pop (diet or regular)
Water
Tea

CANNOT HAVE

Milk or Milk Products
Orange Juice with Pulp
Tomato Juice
Prune Juice
Alcohol

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