

MIRALAX (Glycolax) PREP

BEFORE YOUR PROCEDURE

- Discuss all prescription medications you are taking with your physician or his/her nurse.
- Stop taking: Aspirin, products, Motrin, Ibuprofen, and Advil 7-10 days prior to procedure unless otherwise instructed preprocedure.
- **Blood thinners and Aspirin can be taken 3-4 days prior to the procedure if you have discussed this with the physician.**
- Purchase 2 bottles (32oz) of Gatorade, Crystal Light, Lemonade or Iced Tea (any flavor except ones that are red-colored).
- Purchase an over the counter 238 gram bottle of MIRALAX.

THE DAY BEFORE YOUR PROCEDURE

Drink a **totally clear liquid diet** throughout the day. Clear liquids include: water; soft drinks, Gatorade or Crystal Light, coffee or tea without milk/cream, Jello, juices without pulp, broth, and bouillon. None of these liquids should be red in color.

- If you feel you must eat something, you may eat a small amount yogurt and/or hard boiled eggs until 8:00 pm.
- In the morning mix ½ bottle of the MIRALAX powder into each of the bottles of Gatorade/Crystal Light and chill.
- At 1:00 pm begin drinking the chilled MIRALAX Gatorade/Crystal Light mixture. Drink 8 ounces every half hour, if possible. You must have the 64 oz finished by 9 PM.

THE DAY OF YOUR PROCEDURE

- You may drink clear fluids (including 2 cups of coffee (NO cream) up to 2 hours prior to your procedure. **Remember to follow your physician's instructions regarding your medications .**
- Wear a comfortable 2 piece outfit. Remove all fingernail polish as it interferes with our oxygen sensors.

YOU MUST BE ACCOMPANIED BY A DRIVER. YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME NOR WILL YOU BE RELEASED TO A LIMO OR TAXI DRIVER. THE DRIVER MUST BE SOMEONE WITH WHOM YOU ARE FAMILIAR.

Report to: Metro Atlanta Gastroenterology Saint Joseph's Hospital at: _____
(Scheduled Time)

If you have any questions regarding the above, please call our office during business hours at: (404) 255-4333 and request to speak with your physician's nurse.