

## MIRALAX (Glycolax) PREP

### BEFORE YOUR PROCEDURE

\*Stop taking: Aspirin, products, Motrin, Ibuprofen, and Advil 7-10 days prior to procedure. Use Tylenol only. **Any blood thinners and Aspirin should be discontinued 3-4 days prior to the procedure if you have discussed this with the physician**

\*Discuss all prescription medication you are on with the physician or his/her nurse.

\*Purchase 1 bottle (64oz) or 2 bottles (32oz) of Gatorade or preferred sport drink (any flavor except ones that are red-colored); other clear liquids are also fine for mixing with the powder: i.e. Water, Lemonade, or White Cranberry Juice. ***(Diabetics should use Crystal Light or a sugar free beverage.)***

\*Purchase 1 bottle of Magnesium Citrate (not cherry) at your pharmacy

\*Purchase your MIRALAX (or generic equivalent) – Over the counter 238 grams

### THE DAY *BEFORE* YOUR PROCEDURE

\*Have a clear liquid breakfast, lunch & dinner throughout the day. Clear liquids include: water; soft drinks; Gatorade or preferred sport drink (except those red in color); coffee or tea without milk/cream; Jello (not red); non-pulpy juices; and broth & bouillon.

\*Mix the entire bottle of MIRALAX powder with 64oz. of Gatorade and chill.

\*At 3:00 pm or as soon after as possible, begin drinking the MIRALAX mixture. (Try to drink 8 ounces every 15-20 minutes.)

\*30 minutes after you have completed the MIRALAX mixture, begin drinking the Magnesium Citrate; (you must drink at least one half of the Magnesium Citrate). This tastes better if you dilute it with 7UP, or Sprite.

- If you develop nausea, stop drinking for 1 hour and then slowly resume.
- If you have 3 bowel movements that are clear you may stop drinking it.
- If your stools are still formed or soft, continue to drink the Magnesium Citrate.
- If your procedure is before noon tomorrow, you may have nothing to eat or drink after midnight.

### THE DAY OF YOUR PROCEDURE

\*You may have sips of water to help you take morning medications. Remember to hold any medications as discussed with the doctor (insulin, medications for diabetes, blood thinners, etc.)

\*You may have clear liquids up to 2 hours before your procedure.

\*Wear a comfortable 2 piece outfit.

**YOU MUST BRING A DRIVER; YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME. YOU WILL NOT 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.