

MIRALAX (Glycolax) PREP

Ⓜ 2 DAYS BEFORE YOUR PROCEDURE

- ⌚ 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 fine also 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
- Fill your MIRALAX prescription (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 the morning medication. 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.
 - 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.

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. THEIR DRIVE 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.