



SURGICAL ASSOCIATES

Patient Education

Double MiraLAX Bowel Prep

Complete this prep the day before procedure, on (date) _____

All products are available over the counter at local pharmacies such as Walmart, Walgreens, Target, etc. Generic brand is okay to purchase, provides the same results.

NO SOLID FOOD TODAY - CLEAR LIQUIDS ONLY (see back for list).

8 a.m. Mix two (2) entire 238-gram bottles of MiraLAX (polyethylene glycol) with two (2) 64-oz. bottles of Gatorade, Powerade or Propel water. Drink this mixture in its entirety during the next four to eight hours. To complete drinking the full mixture by 4 p.m., plan to drink a minimum of two (2) 8-oz. glasses every hour.

With the first glass of the MiraLAX mixture, take 4 Bisacodyl tablets. (Provided with this sheet) **SWALLOW THE TABLETS—DO NOT CHEW.**

Noon Your mixture should be about half gone.

4 p.m. You should be finished drinking your MiraLAX mixture.

If you are feeling sick while drinking the mixture, take a break for an hour and drink some 7-Up or ginger ale, then resume.

You can drink clear liquids all day until **midnight**.

Note: Please stay home once you have started your prep. Using moist towelettes or wipes may help to minimize discomfort during the prep.

Your stool should eventually appear like yellow-green liquid (like Mountain Dew), and you should be able to see through to the bottom of the toilet. There may be some flecks of mucous streaks on the bottom, which is normal.

If your stool is **not** clear the morning of your procedure, please contact the procedure center at 715-843-1019 as they may have you come in a little earlier that day.



You may drink clear liquids until midnight including:

- Water and mineral water
- Any fruit juices without pulp (i.e. apple juice)
- Jell-O
- Diet or regular soda
- Diet or regular Kool-Aid
- Gatorade, Powerade or Propel
- Popsicles
- Clear broth or bouillon
- Coffee or tea without cream

You may take your medications with a sip of water the day before your procedure.

Consult your physician about taking medications the day of the procedure.

If you are **diabetic** and are concerned about your blood sugars, you may take Boost or Ensure (without fiber) the day before the exam (up to a maximum of three cans/containers).

Day of procedure / Date: _____ **Arrival time:** _____

Due to the sedative medications that are given to you during your procedure, **you cannot drive home**, and you should have someone stay with you at home after your procedure for your safety.

If the physician removes polyps or takes biopsies, do not take Aspirin, Aleve, Ibuprofen, fish oil and Vitamin E for one week after your procedure.

The physician will talk to you after your procedure. Due to the sedative medication, you may not remember talking to him/her.

If you have any questions, call your physician at 715-847-2022.