

# Miralax Preparation for a Colonoscopy

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## Procedure Location:

\_\_\_ North Richland Hills  
Endoscopy Center I 7640  
NE Loop 820 North Richland  
Hills, TX 76180 | 469-713-  
3740

\_\_\_ Texas Health Harris  
Methodist I 1301  
Pennsylvania Avenue Fort  
Worth, TX 76104 | 817-250-  
2000

\_\_\_ Medical City Fort Worth I  
900 8<sup>th</sup> Avenue Fort Worth,  
TX 76104 | 817-336-2100

\_\_\_ Methodist Mansfield  
Medical Center I 2700 E.  
Broad St. Mansfield, TX  
76063 | 682-242-2000

\_\_\_ Texas Health Azle I 108  
Denver Trail Azle, TX 76020  
| 817-444-8600

## Procedure Preparation:

- Purchase the following non-prescription items for your prep: 2- 119g bottles of Miralax and 2- 32 oz. bottles of Gatorade or Powerade (No red, green, or purple flavors)
- Hold all anticoagulants or blood thinners, such as, Coumadin, Warfarin, Plavix, Eliquis, and Lovenox, for \_\_\_ days prior to the exam once approved by your cardiologist.

## Day Before Procedure: ALL DAY CLEAR LIQUID DIET

- You will need to follow a clear liquid diet throughout the entire day. Approved clear liquids include: water, clear juices without pulp (such as apple juice), soda, chicken or beef broth, popsicles and Jell-o (yellow and orange ONLY), tea, coffee, and lemonade. Do not drink anything red, green, or purple. No solid food and no dairy products such as milk or creamers.
- Diabetic patients should only take a half dose of diabetic medications.
- Step 1: Mix one Miralax bottle and one Gatorade/Powerade bottle together.
- Step 2: At \_\_\_ AM/PM, begin drinking the 1<sup>st</sup> Miralax mixture. Drink 8 oz. every 15 minutes until the entire mixture is consumed.
- Step 3: Mix the remaining Miralax bottle and Gatorade/Powerade bottle together.
- Step 4: At \_\_\_ AM/PM, begin drinking the 2<sup>nd</sup> Miralax mixture. Drink 8 oz. every 15 minutes until the entire mixture is consumed.

## Day of Procedure:

- Do not eat or drink anything after midnight.
- If possible, hold all medication unless otherwise directed. High blood pressure medication may be taken with a SIP OF WATER.
- Diabetic patients should not take diabetic medication the morning of the procedure. You can resume your normal dosing after the procedure once you have eaten.
- Plan on being at the facility for 2-3 hours.
- Someone must drive you home. No public transportation allowed without a chaperone. You will be sedated for your procedure and will be very drowsy for several hours. You may not drive or work for 12 hours after the procedure.

PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ AM/PM