

LMP General Surgery | 563-4252

**Instructions for Miralax Bowel Preparation**

Date of procedure: \_\_\_\_\_ Patient name: \_\_\_\_\_

Date of preparation: \_\_\_\_\_

**Please Note: The PRE-OP NURSE WILL CALL WITH TIME OF PROCEDURE**

**NO CORN FOR 5 DAYS**

- Before 1 pm you may have a special breakfast and lunch, see instructions on reverse of this page. After 1 pm CLEAR LIQUIDS ONLY.
- CLEAR LIQUIDS INCLUDE: water, clear broth or bouillon, black coffee or tea, Gatorade, soda, juice, or Kool-Aid and popsicles. NO MILK PRODUCTS ALLOWED AFTER LUNCH.
- PLEASE DRINK CLEAR LIQUIDS ALL DAY IN ADDITION TO THE PREP.

**Miralax Prep Instructions**

**Ingredients Needed:**

1. 238 grams of MIRALAX (supplied by the office.)
  2. 4 Bisacodyl tablets (supplied by the office.) -Also known as DULCOLAX LAXATIVE tablets-
  3. Buy 64 ounces of GATORADE. Diabetics should use low calorie GATORADE. You can also use Crystal Light or Propel instead of Gatorade.
- At 2 pm and 8 pm take 2 DULCOLAX LAXATIVE tablets (Bisacodyl) with water.
  - At 4 pm take 238 grams of MIRALAX added to 64 ounces of GATORADE. Drink one 8 ounce glass every 20 minutes until it is all gone. (If you develop nausea, stop the prep for 1 hour, then resume.)
  - You may continue to drink clear liquids up to 3 hours prior to your arrival time at the Hospital.
  - You will be instructed on which medications to take the morning of the procedure by the doctor and Pre-op nurse.
  - DIABETICS: CUT INSULIN IN HALF THE DAY OF THE PREP.
  - ORAL DIABETICS: NO ORAL MEDS THE DAY OF THE PROCEDURE OR THE DAY OF THE PREP.

The day of the procedure you will need a friend/relative to drive/assist you.

**Follow-up Appointment:** \_\_\_\_\_

**(There will be a co-payment for that visit, if so required by your insurance.)**

**Breakfast Choices:**

- 2 eggs any style with or without condiments  
OR
- 2 slices of white bread (or 1 plain bagel with butter)  
OR
- 1 cup of yogurt (no seeds, berries or nuts)  
OR
- 1 Banana

You may also have:

Coffee or tea with milk/cream sweeteners

AND/OR

Milk or Fruit Juice without pulp

**Lunch Choices:**

- 1 Plain chicken or turkey sandwich on white bread with condiments only, no lettuce or tomato  
OR
- 5 chicken tenders or 10 nuggets with condiments  
OR
- 1 cup macaroni and cheese  
OR
- 1 Baked potato (no skin) with butter or sour cream  
OR
- ½ chicken breast - baked  
OR
- 1 cup cottage cheese with a small can or fresh (skinless) peach or pear

You may also have:

Coffee or tea with milk/cream sweeteners

AND/OR

Milk or Fruit Juice without pulp

Updated: 06/03/2015