



Dr. McBride - Dr. Harrington - Dr. Rodgers - Dr. Couch - Dr. Watts

## MIRALAX BOWEL PREP

\*\*\*Please read these instructions carefully before starting this preparation.

**1. PURCHASE FROM YOUR PHARMACY OR GROCERY STORE, NO PRESCRIPTION REQUIRED:**

- ✓ Four (4) Dulcolax laxative tablets **AND**
- ✓ MiraLax 238 - 255 gram bottle
- ✓ One bottle of Magnesium Citrate

**2. CLEAR LIQUID DIET:** Begin the morning of \_\_\_\_\_, Only drink liquids today. Do not consume solid foods. Do not consume red, orange, blue or purple liquids (i.e., red or orange Jell-O, tomato juice, etc.) Do not drink anything that contains seeds or pulp.

**EXAMPLES OF CLEAR LIQUIDS:**

**BEVERAGES:** water, lemon-lime or clear sports drinks (Gatorade, PowerAde, etc.)  
flavored waters, Sprite, Ginger Ale

**DESSERTS:** lemon and lime Jell-O, popsicles, fruit ices

**JUICES:** All strained clear juice (apple, lemonade, white grape)

**SOUPS:** Clear broths (chicken, vegetable)

▶ ▶ ▶ **REMEMBER NOTHING RED, ORANGE, BLUE OR PURPLE** ◀ ◀ ◀

**3. 2:00 PM** – take 2 Dulcolax tablets.

**4.** Mix the MiraLax bottle in 64 ounces of any beverage listed above. Shake the solution until the MiraLax is completely dissolved. The MiraLax can also be dissolved into Jell-O, juice or broth.

**4:00p.m DRINK 1- 8oz GLASS EVERY 20 MINUTES. (If you mix by the glass you will need 2 ½ Tablespoons per glass)**

**5. 6:00 PM** – take 2 more Dulcolax tablets. Remember, it's important to stay hydrated and continue to drink clear fluids until bedtime.

**6. 12:00 AM: Drink 1 Bottle of Mag Citrate. Then NOTHING BY MOUTH AFTER MIDNIGHT.**

**7. Procedure is scheduled :** \_\_\_\_\_

HHC Warner Robins  
478-542-7925

HHC Endoscopy  
478-542-7715

Houston Ambulatory Surgery Center  
478-329-3100

HHC Perry  
478-218-1746

A representative will call you the day prior to your procedure, to let you know what time you should arrive. If you have not received a call by 2:00 p.m. the day before your procedure, please call to obtain your procedure time.

**YOUR ARRIVAL TIME IS ASSIGNED BY THE FACILITY WHERE YOU ARE HAVING YOUR PROCEDURE, PLEASE DO NOT CALL THE OFFICE (HOUSTON SURGICAL ASSOCIATES) FOR YOUR ARRIVAL TIME.**

NOTE: If you take blood pressure or heart medication, you may take your medication, the morning of your procedure with a sip of water only. Please hold all other medications unless instructed otherwise.

**You must have someone remain at facility during your exam, drive you home and take care of you the remainder of the day.**

Your follow up appointment is \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

Please call Houston Surgical Associates with any questions