

# MIRALAX AND SPORTS DRINK PREP (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

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- Arrange for a driver.
- Stop taking IRON, CHARCOAL, and PEPTO BISMOL.
- If you take blood thinners, contact your prescribing doctor for instructions on dosing management.

## THREE DAYS BEFORE THE PROCEDURE

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- Go to the pharmacy and grocery store to pick up (no prescriptions are needed):
  - MIRALAX (or generic polyethylene glycol 3350) — one 238 gram bottle
  - GATORADE OR PROPEL — two 32 oz. bottles
    - Any flavor is fine, just not red or purple in color.
    - If you have diabetes, you may use sugar-free Gatorade.
  - DULCOLAX (bisacodyl) laxative tablets (not the stool softener or suppository version) — you will need 3 tablets
  - Clear liquids and low residue foods for the days before the procedure
  - Baby wipes with aloe and/or diaper rash cream
- Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!

## DAY BEFORE THE PROCEDURE

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- Mix ½ of the Miralax 238 gram bottle into EACH 32 oz. Gatorade or Propel bottle until dissolved and keep cold in the refrigerator.
- BREAKFAST AND LUNCH = you may have white food with close to zero fiber (ex. cheese, egg, white bread) before 2 p.m..
- DINNER = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 2 p.m.. No red or purple liquids!
- 5:00 P.M. = take 3 tablets of Dulcolax laxative pill with water by mouth.

- 7:00 P.M. = start drinking one of the 32 oz. Miralax/ Sports Drink mixtures.
  - Drink one 8 oz. glass every 15-20 minutes until completed.
- Evening = drink at least 8 oz. of fluid each hour you are awake.

## MORNING OF YOUR PROCEDURE

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- 4 hours before you plan on leaving for your procedure:
  - Start drinking the second 32 oz. Miralax/Sports Drink mixture.
  - Drink one 8 oz. glass every 15 minutes until completed.
    - You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!
- 3 hours before your scheduled procedure time:
  - Absolutely nothing more to eat or drink!
- If you take medications for HIGH BLOOD PRESSURE, IRREGULAR HEART BEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:
  - Please take your medication with a sip of water the morning of your procedure.
- 40 minutes before your scheduled procedure time:
  - Check in at 40 Skokie Boulevard in Northbrook, Suite 110.

IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE DETAILS, PLEASE REFERENCE THE "LONG STORY".



COMPREHENSIVE  
GASTROINTESTINAL HEALTH