

# MIRALAX AND SPORTS DRINK PREP (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

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- Arrange transportation for your procedure from an **ADULT DRIVER THAT YOU KNOW**. This cannot be a taxi or rideshare.
- Stop taking **IRON, CHARCOAL, and PEPTO BISMOL**.
- If you take blood thinners, contact your prescribing doctor for instructions on dosing management.
- If you use **WEIGHT LOSS or DIABETES MEDICATIONS** called **GLP-1 AGONISTS** (including Ozempic, Wegovy, Mounjaro, and Zepbound), please read the **LONG STORY** carefully on how the medications will need to be adjusted. In brief, daily dosed medications will need to be skipped on the day of the procedure and weekly dosed medications will need to be skipped for at least 7 days before the procedure.

## 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 28-32 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  $\frac{1}{2}$  of the Miralax 238 gram bottle into EACH 28-32 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 28-32 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 28-32 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** or **950 Technology Way, Suite 250 in Libertyville.**

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



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