MiraLAX PREP

(split dose)

ONE WEEK BEFORE PROCEDURE

- ☐ Discontinue the use of all iron pills or products containing iron.

AT LEAST TWO DAYS BEFORE PROCEDURE

Purchase:
- ☐ 4 Dulcolax laxative tablets.
- ☐ One 238-gram bottle of MiraLAX (available over-the-counter).
- ☐ Two 32-oz bottles of Gatorade (NO RED flavors).

FOLLOW THE BELOW INSTRUCTIONS ONLY!!

Disregard any instructions that may come with the above products.

THE DAY BEFORE PROCEDURE

Consume clear liquids **ONLY** the entire day prior to your procedure.
For best results, you are encouraged to drink plenty of liquids throughout the day and evening.
(see clear liquid diet sheet)

- ☐ 3:00 PM – Take 2 Dulcolax tablets.
- ☐ Separate the MiraLAX powder (dry) into TWO equal doses (approximately 4 ounces per dose).
- ☐ Between 4:00 PM-5:00 PM - mix ONE DOSE of MiraLAX powder (approximately 4 ounces) into one 32-ounce bottle of Gatorade. Shake until the MiraLAX has completely dissolved.
- ☐ Drink one 8-ounce class of the solution every 10 to 15 minutes, until the entire 32 ounces is gone (should be completed in about one hour).
- ☐ 9:00 PM – Take the remaining 2 Dulcolax tablets with an 8-ounce glass of an approved clear liquid.
- ☐ Continue to drink water and/or other clear liquids until bedtime for adequate hydration.

- ☐ ****TRI-COUNTY CENTER PATIENTS*** - During a phone call from pre-surgical screening staff, you are instructed of the time to take the second MiraLAX dose.
- ☐ ****MCLAREN MACOMB PATIENTS* ONLY** – During a phone call from the Endo Dept with your arrival time, you are also given the time to finish your morning prep (usually finish 3 hours prior to the arrival time).

THE MORNING OF PROCEDURE

- ☐ *At time instructed by the nurse during your pre-surgical screening phone call, mix the second dose of MiraLAX powder into a 32-ounce bottle of Gatorade. Shake the solution until the MiraLAX has completely dissolved.
- ☐ Drink one 8-ounce glass of the solution every 10 to15 minutes, until the entire 32 ounces is gone (should be completed in about one hour).
- ☐ Nothing else by mouth until after completion of your procedure.
- ☐ Report for appointment at the time assigned.

---

(586) 286-5400

More information and FAQ at www.tcgastro.com

TRI-COUNTY GASTROENTEROLOGY, PC

Bruce Kovan, DO Andrew Rosenfeld, DO Samuel Gun, DO Jaspreet Ghumman, DO Poorna Ramachandran, DO Fernando Gamarra, MD