

MIRALAX PREP INSTRUCTIONS

You are scheduled on _____ with Dr. _____

Be at the marked location by _____ AM / PM ***Plan to be at the facility for approximately 3 hours.***

*You will be sedated and **MUST** bring someone over the age of 18 years old to **stay** with you and drive you home safely. No one will be allowed to Uber/Lyft/Taxi/bus, unless accompanied by a responsible adult. Please note that you cannot drive for 24hours after anesthesia.*

MEDICATIONS:



- If you are taking ANY blood thinners, i.e. Coumadin (Warfarin), Plavix, Pradaxa, Pletal, Eliquis, Effient, Xarelto, Brilinta, call our office for instructions on the possibility of stopping the medicine.
- You **MUST** take your Blood Pressure, Heart, Seizure, Parkinson's, Asthma or Myasthenia Gravis medications (if normally taken in the morning) **3 hours prior to arriving, with a small sip of water.**
 - All other medications can be taken after the procedure.
- If you take any dosage of Aspirin – **DO NOT STOP TAKING IT!** Continue as normal.
- Unless specified below, continue your medications like normal.
- **For INSULIN dependent patients** – please call the doctor that controls your diabetes for instructions.

ONE WEEKS PRIOR:

- Stop taking Ozempic/Wegovy/Mounjaro/Semaglutide (if taken for weight loss).

FIVE DAYS PRIOR:

- Stop any Iron pills, Pepto-Bismol, Fish Oil, Vitamin E and/or Herbal Medicine.
- Stop any diet/appetite suppressants, such as phentermine.
- Stop taking any ADHD/ADD medications i.e., Adderall/Vyvanse, if your body allows you to stop this medication.

ONE DAY PRIOR:

- Avoid using un-prescribed recreational/street drug(s) including marijuana.
- DO NOT take any **ORAL** Diabetic medication.



IF YOU ARE SICK, have ANY cold symptoms, taking antibiotics, pending Heart/Pulmonary testing, or have any major changes in your medical history – Please Call Our Office Immediately for Instruction.



1 DAY PRIOR to your procedure, **eat** only a **CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you are able to read a newspaper through. **NO SOLID FOODS!** No alcohol, milk/milk products, or non-dairy creamers.

NO RED OR PURPLE!

CLEAR LIQUID DIET INCLUDES (limiting yourself to only water will make you nauseous/vomit when starting prep):

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks
- Sports drinks (Gatorade, Powerade), Pedialyte and/or Ensure Clear
- Broth (chicken, beef, vegetable, or bone broth)
- Popsicles, Sorbets, or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream; sugar is okay)

FINANCIAL POLICY: Any Co-pay and/or Deductibles will be collected at the time of service.

Please call our billing department for further assistance at 407.896.1726 ext. 405, prior to the procedure date.

MIRALAX PREP INSTRUCTIONS

YOUR PREPARATION - MiraLAX/Gatorade

Purchase these items ahead of time (no prescriptions required)

- Five, 5mg Dulcolax tablets (LAXATIVE, NOT STOOL SOFTENER)
- One, 238g/8.3 oz. bottle of MiraLAX
- 64 oz. of Gatorade (no red or purple flavors)



PREPARING YOUR BOWEL PREPARATION

- Mix the bottle of MiraLAX in to 64 oz. of Gatorade.
- Shake until the MiraLAX is dissolved and refrigerate until you are ready to drink.

DRINKING YOUR BOWEL PREPARATION

- **At 1:00PM** the day before your procedure, take three (3) Dulcolax tablets. Drink with 8 oz of any clear liquid.
- **At 3:00PM** begin drinking 8 oz of prep mixture every 15-20 minutes, until mixture is finished. **Continue to drink clear liquids.**
- **At 7:00PM** take two (2) Dulcolax tablets. Drink with 8 oz of any clear liquid.



STAY HYDRATED with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the evening, in addition to what you drink with your bowel prep medication, to prevent dehydration.



4 HOURS BEFORE your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS**. This means that you should not have anything by mouth 4 hours before your colonoscopy and onward. This includes no breath spray, candy, gum, mints. You may brush your teeth.

****FAILING TO FOLLOW INSTRUCTIONS WILL RESULT IN CANCELLING OF YOUR PROCEDURE (fee applies) ****
WE REQUIRE A 48 HOUR NOTICE FOR ANY CANCELLATIONS TO AVOID A \$150 CHARGE

CENTER FOR DIGESTIVE ENDOSCOPY
 1817 N MILLS AVE
 ORLANDO, FL 32803

SUMMERPORT SURGERY CENTER
 5151 WINTER GARDEN VINELAND RD
 STE 108
 WINDEREMERE, FL 34786

ADVENT HEALTH WINTER GARDEN ASC
 2000 FOWLER GROVE BLVD
 WINTER GARDEN, FL 34787

SOUTH LAKE ENDOSCOPY
 2040 OAKLEY SEAVER DR
 CLERMONT, FL 34711

ADVENT HEALTH ORLANDO
 601 E ROLLINS ST
 ORLANDO, FL 32803

ADVENT HEALTH, HEALTH VILLAGE
 2415 N ORANGE AVE
 STE 201
 ORLANDO, FL 32804

ORLANDO HEALTH
 52 W UNDERWOOD ST
 ORLANDO, FL 32806

PATIENT SIGNATURE: _____ DATE: _____