

Miralax Gatorade Preparation

INSTRUCTIONS

Dr. Luke Serck

On: ____ / ____ / ____

Start a clear liquid diet beginning with breakfast. **DO NOT HAVE ANY SOLID FOOD, MILK, OR MILK PRODUCTS ALL DAY.** Clear liquids include chicken or beef broth, coffee, tea, pop, popsicles, apple juice, jello, water, Hi-C, Gatorade. **DO NOT EAT OR DRINK ANYTHING RED.** Alcohol is NOT permitted.

You will need to purchase:

- 4 Dulcolax tablets (Bisacodyl)
- 8.3 ounce bottle of Miralax
- 64 ounce bottle of Gatorade (ANY COLOR EXCEPT RED)
If you are diabetic purchase Gatorade G2

Day Before the Procedure:

1. Drink 8 glasses of clear liquids throughout the day.
2. At 3PM take 2 Dulcolax tablets.
3. At 5PM mix the 8.3 ounce of Miralax in 64 ounces of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 ounce glass every 10-15 minutes until the solution is entirely gone. If you experience nausea or vomiting take a 15 minute break and then continue.
4. At 8PM take the last 2 Dulcolax tablets.
5. Continue drinking clear liquids until midnight.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

If you are on Coumadin please make sure we are aware of this. Do not take any Iron for 7 days before the procedure. Avoid fiber supplement and fish oil for 5 days before the procedure.

Please inform us if you have any of the following: Mitral valve prolapse, Rheumatic heart disease, a heart murmur, any artificial heart valves or if you are allergic to latex products.

YOU WILL BE SEDATED FOR THIS PROCEDURE AND SOMEONE MUST DRIVE YOU HOME!

If you have any questions about your prep or you need to change the time of your procedure, please call 605-664-2742 and ask for Nancy (Dr. Serck's nurse). Thank You.

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