

# Miralax Preparation INSTRUCTIONS

Dr. Jesse Kampshoff

**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.**

**You will need to purchase:**

- 4 Dulcolax tablets
- 8.3 ounce bottle of Miralax
- 64 ounce bottle of Gatorade (ANY COLOR EXCEPT RED)

**Day Before the Procedure:**

1. At 3PM take 2 Dulcolax tablets.
2. 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.
3. At 8PM take the last 2 Dulcolax tablets.
4. 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.

**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!**

**Report to the Ambulatory Surgery Center on \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
at the Yankton Medical Clinic, P.C. (Lower Level - Section L)**

**If you have any questions about your prep  
or you need to change the time of your  
procedure, please call 605-665-7841 and  
ask for Dr. Kampshoff's nurse. Thank You.**

**YANKTON MEDICAL CLINIC®, P.C.**  
1104 W. EIGHTH STREET, YANKTON, SD 57078  
[www.yanktonmedicalclinic.com](http://www.yanktonmedicalclinic.com)



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