



YANKTON MEDICAL CLINIC®, P.C.

## MIRALAX GATORADE PREP

Luke C. Serck, MD  
Board Certified General Surgeon

**Questions? Call 605-664-2742**

1104 West 8th Street • Yankton, SD 57078  
[www.YanktonMedicalClinic.com](http://www.YanktonMedicalClinic.com)

**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 at any pharmacy:**

- 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. Serck's nurse.