

# MiraLAX & Gatorade Prep

## Purchase the Following Products:

1. **Two (2) Dulcolax Tablets or Liquid Tablets** (bisacodyl laxative)
2. **Two (2) MiraLAX 238-gram bottles or generic equivalent**
3. **Two (2) Gatorade 64-ounce bottles (NOTHING RED, ORANGE OR PURPLE)**. Sugar-free drinks (G2, Powerade Zero, Propel, Crystal Light or water) are also options.

**A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY  
THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.**

**Please read all instructions thoroughly.**

**\*\*If you are taking an injectable GLP medication for diabetes or weight loss you must not take the medication 7 days prior to your procedure.\*\***

**\*\* Please do not have nuts, seeds, or corn 3 days before your procedure\*\***

## 1 Day BEFORE Your Exam:

### Morning:

- You will be on a **clear liquid diet** for 1 day before your procedure. This includes breakfast, lunch and dinner.

**Clear liquids include** water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin dessert, ice pops and juice without pulp.

**NOTHING RED, ORANGE OR PURPLE.**

### Noon:

- Take **Two (2) Dulcolax Tablets or Liquid Tablets** (bisacodyl laxative) by mouth.
- Mix one (1) bottle of MiraLAX with Gatorade in a separate container, and refrigerate it.
- **If you can begin drinking the prep sooner, you may begin at 1PM – 2PM.**

### Evening:

- **At 4PM**, drink one (1) 8-ounce glass every 15 to 30 minutes until completed.



- **You may slow down if you become nauseated.**
- Continue drinking additional clear liquids throughout the evening.
- **If you are not passing clear or yellow-tinted water, mix the second MiraLAX bottle and Gatorade. Begin drinking the solution again until clear.**
- If you are not passing clear or yellow-tinted water after drinking your prep, please call (318) 631-9121 for additional recommendations.

**Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early.**  
**Please call us if you have any questions regarding your preparation.**

## The Day of Your Exam:

- If you smoke, please do not smoke the day of your scheduled procedure.

- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE!** (This includes water, gum and mints.) **NOTHING by mouth; otherwise, your procedure may be canceled due to safety precautions.**



### Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



### Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



### Blood Thinners:

- If you have not received instructions and are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking the medication 3 to 7 days prior to your procedure if you have not received instructions.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



### Bring with you:

- **Completed paperwork forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications, vitamins and supplements** you are taking (include dosage, and last date and time each medication was taken before your arrival)
- **Wear a loose-fitting, short-sleeve shirt.**

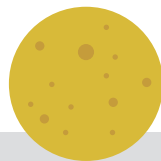
## Is Your Bowel Clean?



- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid
- READY**



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