

MARIETTA MEMORIAL HOSPITAL DEPARTMENT OF SURGERY

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MIRALAX BOWEL PREP

*****You will need to purchase: four Dulcolax Laxative Tablets, one 64-ounces of Gatorade (any flavor but red, orange, or grape) and one 238 gm (8.4-ounce) bottle of Miralax*****

No roughage (raw vegetable, fruits, nuts, or whole grains) three days before the colonoscopy.

THE DAY BEFORE YOUR PROCEDURE:

CLEAR LIQUIDS ALL DAY!

Breakfast, Lunch, and Dinner: All Clear Liquids – Clear soup broth, lemon or lime Jell-O, water, coffee or tea, 7-Up, Sprite, Ginger Ale, banana popsicles, apple juice, white grape juice, white cranberry juice (**nothing red, orange or grape**). No milk or milk products. No alcohol.

****IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.****

You will receive a phone call the day before your procedure for your arrival time between noon and 2 p.m. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

*******FOLLOW THESE STEPS*******

Noon

****Take four Dulcolax Tablets with an 8-ounce glass of liquid. (If you work outside the home, you may start this at 4 or 5 p.m., however, you will be up later in the evening finishing the prep)**

****Mix the MIRALAX with 64-ounces of Gatorade. Stir well or shake well until all is dissolved. Place in the refrigerator for later use.**

2 p.m.

****Drink 8-ounces of the MIRALAX/Gatorade every 30-40 minutes until ALL the solution is gone. Drink at least three more 8-ounce glasses of clear liquids before bed.**

NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATHE MINTS, AND CHEWING GUM.

Medications: Do not take Ibuprofen, Aleve, or any NSAIDS five days prior to your surgery. You may take Tylenol. If you use an inhaler, use it the morning of surgery and bring rescue inhaler.

DAY OF PROCEDURE:

- ✓ You may take necessary medications with a sip of water.
- ✓ Go to the Surgery Department the time specified by the Surgery Department.
- ✓ IT IS VERY IMPORTANT TO HAVE SOMEONE DRIVE YOU HOME.



**MEMORIAL
HEALTH SYSTEM**
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