

# CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53<sup>rd</sup> Avenue, Bettendorf, IA 52722 (563) 383-2686

Erling Larson III, MD

David S. Pratt, MD

William Davidson III, MD

Richard L. Weyman IV, MD

Young B. Huh, MD

Anjana Aggarwal, MD

Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_

Procedure Time \_\_\_\_\_

## MIRALAX PREP

**Special instructions:** The laxatives used for this procedure can be purchased over the counter at a drug or grocery store without a prescription. When purchasing Dulcolax (generic Bisacodyl) make sure that it is the LAXATIVE, not the stool softener.

### One (1) WEEK before your exam:

- No popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) one week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

### One (1) DAY before your exam:

- **No solid foods are allowed!** You may have only clear liquids. See back side of sheet for clear liquid diet.
- Drink eight (8) oz of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration.

#### **FIRST ROUND PREP INSTRUCTIONS:**

Mix eight (8) tablespoons of Miralax with thirty-two (32) ounces of clear liquid.

- Take two (2) Dulcolax at **12:00 PM**
- Drink an entire 8 ounce glass every 15 minutes.  
\_\_\_ 12:00 PM , \_\_\_ 12:15 PM, \_\_\_ 12:30 PM, \_\_\_ 12:45 PM

#### **SECOND ROUND PREP INSTRUCTIONS:**

Mix eight (8) tablespoons of Miralax with thirty-two (32) ounces of clear liquid.

- Take two (2) Dulcolax at **3:00 PM**
- Drink an entire 8 ounce glass every 15 minutes.  
\_\_\_ 3:00 PM, \_\_\_ 3:15 PM, \_\_\_ 3:30 PM, \_\_\_ 3:45 PM

#### **THIRD ROUND PREP INSTRUCTIONS:**

Mix eight (8) tablespoons of Miralax with thirty-two (32) ounces of clear liquid.

- Drink an entire 8 ounce glass every 15 minutes.  
\_\_\_ 7:00 PM, \_\_\_ 7:15PM, \_\_\_ 7:30 PM, \_\_\_ 7:45PM

### Six (6) hours before your exam:

Date/Time: \_\_\_\_\_

- **Discontinue all clear liquids.**

YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE HEALTH DURING YOUR THE PROCEDURE

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PLEASE CALL IF YOU ARE HAVE QUESTIONS, CONCERNS OR PROBLEMS  
WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

## Common questions:

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort
- For morning procedures, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear and liquid. (Mountain Dew color is common.)

## CLEAR LIQUID DIET

**DO NOT DRINK ANYTHING RED OR PURPLE**

### **CAN HAVE**

Apple Juice  
Tang  
HI-C Fruit Juice  
Coffee  
Broth or Bouillon  
Plain Jell-O (no fruit or sugar free)

Gatorade  
Popsicles  
Pop (diet or regular)  
Water  
Tea

### **CANNOT HAVE**

Milk or Milk Products  
Orange Juice with Pulp  
Tomato Juice  
Prune Juice  
Alcohol

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