



### **MirLAX Prep**

From any pharmacy or grocery store please buy over the counter

- 1 (8.3 oz) bottle of MiraLAX
- 10 ducolax (bisacodyl) laxative tablets
- 1 (10 oz) bottle of magnesium citrate (not red or purple)
- 1 (64 oz) bottle of sports drink (Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero)

Please report to THE OVAL registration desk on 1<sup>ST</sup> floor of **Northeast Health System** of Tahlequah

Hospital for your colonoscopy by Dr. Simpson at (**arrival time given**) on (**procedure date**)

#### **Day before your test (day before procedure):**

**CLEAR LIQUIDS DIET ONLY** the entire day. No solid foods or liquids that you cannot see through. Clear liquids include water, tea, juice without pulp, clear soda, coffee, popsicles, jell-o, broth, bullion. No MILK or CREAM. No red or dark purple liquids (includes sports drink). Drink plenty of water.

At **5PM** take 4 ducolax tablets. Mix 64 oz sports drink with the 8.3 oz bottle of miraLAX and place in the refrigerator. (Do not add ice).

At **7PM** drink one 8 oz. glass of the MiraLAX/sports drink solution & continue drinking one 8 oz glass every 15 minutes thereafter until the mixture is gone. Set timer if needed.

#### **Day of test (procedure date):**

At (**4 hours prior to arrival time**) drink 1 bottle of magnesium citrate.

At (**3 hours prior to arrival time**) take 4 dulcolax tablets by mouth.

Clear liquid diet until (**2 hours prior to arrival time**), then **NOTHING BY MOUTH INCLUDING GUM, MINTS, OR SMOKELESS TOBACCO.**

**\*\*\*PLEASE TAKE BLOOD PRESSURE, HEART, SEIZURE AND BREATHING MEDICATIONS ON THE MORNING OF YOU TEST. PLEASE BRING YOUR AS NEEDED INHALERS WITH YOU\*\*\***

**Please follow instructions given on Do and Don't sheet for diabetic medications**

**YOU MUST BRING A DRIVER WITH YOU THAT WILL REMAIN AT THE HOSPITAL AT ALL TIMES DURING YOUR PROCEDURE.** DO NOT PLAN ON WORKING ON THE DAY OF YOUR TEST. Please

remove or bring solution to remove contact lenses prior to procedure. Please brush your teeth on the morning of the procedure but do not swallow any toothpaste.

**Please call the office at 918-207-0025 if: you take or believe you may be taking a blood thinner, if you have questions concerning your procedure (ask for Tracy, RN or Sheri, LPN), or if you need to reschedule (ask for Kristal)**