

# BOWEL PREP INSTRUCTIONS (Miralax & Gatorade)

INTERNAL MEDICINE ASSOCIATES \* 8895 BROADWAY \* MERRILLVILLE, IN 46410

Scheduling Dept. Phone: 219-736-4219

IMA-MED.COM

DATE OF PROCEDURE: \_\_\_/\_\_\_/\_\_\_ LOCATION OF PROCEDURE: \_\_\_\_\_

ARRIVE AT THE FACILITY: \_\_\_\_\_  FACILITY WILL CALL YOU WITH AN ARRIVAL TIME

- You must have a driver present at all times at the facility who will take you home.
- *Public transportation or cabs are not allowed.*
- STAY HYDRATED. DRINK ADDITIONAL CLEAR LIQUIDS DURING THIS PREP

## Blood Thinner Medications:

*If you take a blood thinner, notify Internal Medicine Scheduling Dept. for your Special Instructions (Coumadin, Plavix, Brilinta, Eliquis, Lovenox, Xarelto, Aggrenox, Effient, Pradaxa, Zontivity or Savaysa).*

**You may stay on your Aspirin.**

## PREP INSTRUCTIONS:

- **Purchase from your pharmacy:**
  - Dulcolax tablets
  - Miralax 238 gm bottle
  - Gatorade 64 oz. (NO RED OR PURPLE) or Crystal Light 64 oz. (NO RED OR PURPLE) if diabetic
- **START YOUR PREP THE DAY BEFORE YOUR PROCEDURE ON \_\_\_\_\_(DATE)**
  - **STOP EATING SOLID FOOD AND START HYDRATING WITH A CLEAR LIQUID DIET. IT IS IMPORTANT TO HYDRATE BEFORE YOU TAKE THE PREP, WHILE YOU'RE TAKING THE PREP, AND AFTER THE PREP.** Please see additional page "Just what is a Clear Liquid". Do **NOT** drink any dairy products, smoothies or anything containing artificial red dye.
  - **If you are a Diabetic**, take ½ your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
  - **At 4:00 p.m.**, take TWO (2) Dulcolax tablets along with 12 oz. of Clear Liquids.
  - **At 6:00 p.m.**, mix the bottle of Miralax in the Gatorade or Crystal Light (NOT red or purple color). Shake until mixed. **DRINK ½ OF THIS PREP. REFRIGERATE the REST.**
- **DAY OF YOUR PROCEDURE \_\_\_\_\_(DATE)**
  - **5 HOURS PRIOR TO YOUR ARRIVAL TO THE FACILITY DRINK THE REMAINING ½ of the prep.**
  - **STOP DRINKING LIQUIDS 3 HOURS BEFORE YOU ARRIVE** AT THE FACILITY OR THE PROCEDURE WILL BE CANCELLED AND RESCHEDULED. NOT EVEN A SIP!!!
  - **IF YOU ARE A DIABETIC**
    - **Do NOT take insulin** or other diabetes medication the morning of the procedure. Please check your blood sugar the morning of the procedure and report it to the nurse.
  - **IF YOU ARE ON BLOOD PRESSURE OR HEART MEDICATION**
    - Take your blood pressure and/or heart medication as prescribed **4 HOURS BEFORE** the procedure.

**IF YOUR BOWEL MOVEMENTS ARE NOT CLEAR AND FREE FROM STOOL, CALL THE FACILITY YOU ARE SCHEDULED AT AND INFORM THEM. THEY MAY NEED TO RESCHEDULE YOU.** Rv 02/18