

## **MiraLAX with Magnesium Citrate Prep**

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for your procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

- ❖ Tell us if you have diabetes or take blood thinners (Coumadin, Warfarin, or Plavix). You may need to stop some of your meds a few days before your test. **PT-INR checked** between 8 am-11 am the **DAY BEFORE** your procedure

### **SHOPPING LIST:**

- ✓ Gatorade, 64 oz. – **NOT RED OR PURPLE**
- ✓ MiraLAX Laxative Powder, 8.3 oz. (238 g)
- ✓ 10 oz. bottle of Lemon Flavor Magnesium Citrate

### **One Week Before Your Test**

- Stop all seeds (sunflower & smaller, including strawberries, tomatoes, blackberries, etc.).
- Stop iron tablets and all aspirin products. (Motrin, Ibuprofen, Advil, Aleve, Naproxen. You may take Tylenol or Acetaminophen for pain.

### **DAY BEFORE YOUR TEST**

- Mix the full MiraLAX powder with 64 ounces of Gatorade and store in the fridge.
- Place the 10 oz. bottle of Magnesium Citrate, still sealed, in the fridge, as well. (both usually go down easier when cold.)
- You are on clear liquids only, nothing red or purple, no milk or milk products, no alcohol!

#### **Clear liquids are:**

- Coffee or Tea, no creamer, including non-dairy creamer (you can have sugar or a sweetener)
- Water
- Strained fruit juices (no Pulp) not red or purple
- Popsicles –not red or purple
- Jell-O (no fruit) or Kool – Aid (not red or purple)
- Sports drinks or soft drinks-light in color (no red or purple)
- Clear Chicken or Vegetable broth or bouillon (no beef)

## **DAY BEFORE YOUR TEST:**

**@ 5:00 PM:** Start your (*MiraLAX/Gatorade*) prep, drinking 8 ounces every 15 minutes or so (what you can comfortably drink) until it is all gone. MiraLAX has no taste, so you will only taste the Gatorade. After the prep is finished, continue clear liquids until you go to bed.

**DIABETICS** – test, test, test. If you are insulin dependent, take ½ your regular dose the day before your procedure

## **DAY OF YOUR TEST**

**5 hours prior to your procedure** drink the 10 oz. bottle of Magnesium Citrate and follow with lots of your favorite clear liquids. (i.e. coffee, tea, apple juice, chicken broth).

- ✓ Continue to push the liquids to keep hydrated and maintain your energy level throughout the day.

**3 hours prior to your procedure** - nothing else to drink. When you arrive at the Center, we will start an IV to keep you hydrated and administer medications, as needed.

- ✓ **DIABETICS** – *test, test, test*. NO insulin the morning of your procedure. Choose what you drink by what your test is.
- ✓ **DO NOT** stop your blood pressure, heart or other regular medication unless your Doctor tells you to do so.
- ✓ If you use an **INHALER**, please bring it with you on the day of your procedure
- ✓ If of child bearing age, please assure that you perform a pregnancy test prior to procedure.

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### NOTES:

- ❖ This is only an example of the prep you will receive; your prep will be personalized with dates and times once your procedure is scheduled.
  - ❖ You will require an adult driver after your procedure, per the State Licensing Board no patient is allowed to leave unaccompanied in a Taxi.
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