



INSTITUTE OF ADVANCED GASTROENTEROLOGY

Specializing in Digestive, Liver, Pancreatic & Biliary Diseases

CAPSULE: MIRALAX PREPARATION

Over the counter: Miralax 238 g 64 oz. Clear Liquid, Dulcolax (12 tablets needed).

1 DAY BEFORE PROCEDURE:

- Start clear liquid diet. (suggestions on back)
- At 2:00 pm take 4 Dulcolax tablets and again at 8:00 pm take 4 Dulcolax tablets. (total of 8 tablets).
- At 4:00 pm mix the 238gm of Miralax in 64 oz of Clear Liquid. (Shake the solution until the Miralax is dissolved).
- Drink 1 glass of this MIRALAX SOLUTION every 30-45 minutes or as tolerated until you finish half of the solution.
- Continue drinking clear fluids until bedtime.
- Try to drink as much water as possible (preferably one gallon), so you do not become dehydrated.

ON THE DAY OF THE PROCEDURE:

- Take remaining half of MIRALAX SOLUTION with 4 tablets of Dulcolax 2-3 hours before your arrival time.
- Do not eat or drink anything that day.
- If you do take medication, you may have it in the morning with small sips of water.

****DIABETIC PATIENTS:****

On the day of the procedure take half dose of your usual medications (insulin/pills). If you feel that you need more sugar then take 2-4 tablespoons of sugar itself or mix the sugar with 2-3 oz. of water & drink it. You can take this sugar up to 2 hours before your arrival time if needed.

*****If you have any questions, please contact us at 323-1200*****

Date of Procedure: _____ Arrival Time: _____

- Institute of Advanced Gastroenterology - 9802 Stockdale Hwy, Ste. #102 (661) 323-1200

**On the day of the procedure, after taking the capsule,
You MUST stay on a clear liquid diet.**

NO SOLID FOOD !!!

On the day of the capsule, you are to return to our office at 4:30 pm.