

**Dr David McElreath @ LRDC  
10001 Lile Drive Little Rock, AR 72205  
501-227-8000**

**\*\*\* IF YOU HAVE A LIVING WILL OR ADVANCE DIRECTIVE PLEASE  
BRING A COPY WITH YOU TO THIS APPOINTMENT\*\*\***

**MIRALAX PREP INSTRUCTIONS**

**YOU WILL NEED: 4 DULCOLAX LAXATIVE TABLETS AND A 238-GRAM BOTTLE OF MIRALAX (both may be obtained from your local pharmacy & are available over the counter) AND 64 OUNCES OF CLEAR LIQUIDS.**

**5 DAYS PRIOR TO YOUR PROCEDURE: DO NOT** take prescription blood thinners (ex: Coumadin, Warfarin, Plavix, Pradaxa, Effient, Xarelto, Eliquis, Brilinta, Aggrenox), or **oral iron medications**, unless otherwise instructed by your physician. Any other meds you may continue on your regular schedule.

**\*48 HRS PRIOR TO PROCEDURE- NO fiber supplements. NO salads, veggies, nuts or fruits w/ skin\*\***

**DAY PRIOR TO YOUR PROCEDURE: DO NOT HAVE ANY SOLID FOOD ALL DAY!!!!**

- 1. \*\*CLEAR LIQUIDS ONLY ALL DAY (see list below) \*\*BE SURE TO AVOID LIQUIDS THAT HAVE A RED AND/OR PURPLE COLOR – ANY OTHER COLOR IS FINE.\*\***
- 2. Drink at least** three 8-ounce glasses of clear liquids during the day – **The more, the better.**
- 3. At 1:00 pm** – take **ALL** 4 Dulcolax tablets (at the same time) with an 8 oz glass of clear liquid.
- 4. At 3:00 pm** - mix the 238 gram bottle of Miralax in 64 ounces of clear liquid. Shake or stir the solution until the Miralax is dissolved. Drink an 8-ounce glass every 15-30 minutes until the solution is gone. **The goal is for your stools to be clear and look like water.**
- 5. If you take medications at night, you may take those on your regular schedule.**
- 6. NOTHING ELSE BY MOUTH AFTER MIDNIGHT.**

**DAY OF THE PROCEDURE:**

- 1. Do not have anything to eat or drink.**
- 2. If you take heart, blood pressure or seizure medication in the morning time, you may take those medications with a tiny sip of water, just enough to get the pills down.**
- 3. YOU MUST BRING A DRIVER WITH YOU.** All patients will be sedated & if no one comes with you to drive you home the procedure **WILL NOT** be done & will be re-scheduled for a later date. The person that comes with you is **REQUIRED** to stay at LRDC during the procedure. **PUBLIC TRANSPORTATION** ( this includes taxis, Medicaid transportation and/or public transportation) is allowed **ONLY** if you have a friend, family member or paid health-care worker that will riding with you. **YOU WILL BE HERE APPROXIMATELY 3 HOURS**

**THINGS WE CONSIDER CLEAR YOU CAN HAVE WHILE ON THE CLEAR LIQUID DIET:**

Water, Kool-Aid, Popsicles, Jell-O, Bouillon, Clear Fruit Juice, White Grape Juice, Apple Juice, Lemonade, Black Coffee (may add sugar only), Tea (sweet or unsweet), Green Tea, Soft Drinks (Coke, Diet Coke, Dr Pepper, etc) Gatorade, Powerade (any color other than Red or Purple).

**DO NOT DRINK:**

Milk, Products Containing Milk, and Fruit Juice with Pulp.

**\*\*If you have any questions, please do not hesitate to give Bridgett a call at 501-320-1668\*\***

**\*\*ANY QUESTIONS BEFORE 8:00am day of test – Call Endoscopy Front Desk at 501-221-5845\*\*\***