

**LITTLE ROCK DIAGNOSTIC CLINIC  
10001 Lile Drive  
Little Rock, AR 72205-6217  
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 and are available over the counter) **AND 64 OUNCES OF CLEAR LIQUIDS.**

**5 DAYS PRIOR TO YOUR PROCEDURE: DO NOT** blood thinners (Coumadin/Plavix), iron, Vitamin E unless otherwise instructed by your physician. **YOU MAY TAKE TYLENOL.**

**48 HOURS PRIOR TO THE PROCEDURE: DO NOT** take fiber supplements. **DO NOT** eat salad, vegetables, nuts or fruit with skins.

**DAY PRIOR TO YOUR PROCEDURE:**

- 1. \*\*\*CLEAR LIQUIDS ONLY ALL DAY\*\*\***
2. Drink **at least** three 8-ounce glasses of clear liquids during the day.
3. At **1:00 pm** – take the 4 Dulcolax tablets 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 (orange Gatorade recommended). Shake or stir the solution until the Miralax is dissolved. Drink an 8-ounce glass every 15-30 minutes until the solution is gone.
5. If you take medications at night, you may take those.
- 6. NOTHING BY MOUTH AFTER MIDNIGHT.**

**\*\*BE SURE TO AVOID LIQUIDS THAT HAVE A RED AND/OR PURPLE COLOR.\*\***

**DAY OF THE PROCEDURE:**

1. Do not have anything to eat or drink.
2. If you take heart, blood pressure, reflux, anxiety, depression or seizure medication in the **morning** time, you may take those medications with small sip or water.
3. You will need to arrive at the arrival time that is on your appointment slip
- 4. YOU MUST BRING A DRIVER WITH YOU. IF NO ONE IS WITH YOU TO DRIVE YOU HOME, THE PROCEDURE WILL NOT BE PERFORMED AND HAVE TO BE RE-SCHEDULED.**

**THINGS YOU CAN HAVE WHILE ON YOUR 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, Green Tea, Soft Drinks, Gatorade, Powerade.

**DO NOT DRINK:**

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

**\*\*If you have any questions, please do not hesitate to give Lindsey a call at 501-223-4522 or endoscopy at 501-221-5845 before 8am\*\***