

Dr. Paul Williams @ 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 blood thinners (Coumadin, Warfarin, Plavix),
iron, Vitamin E or products containing aspirin, unless otherwise instructed by your physician. **YOU MAY TAKE
TYLENOL.**

DAY PRIOR TO YOUR PROCEDURE:

1. *****CLEAR LIQUIDS ONLY ALL DAY – NO SOLID FOODS AT ALL*****
****BE SURE TO AVOID LIQUIDS THAT HAVE A RED AND/OR PURPLE COLOR.****
2. Drink at least three 8-ounce glasses of clear liquids during the day – The more, the better.
3. At **12:00 pm** – take the 4 Dulcolax tablets with an 8 oz glass of clear liquid.
4. At **2:00 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 BY MOUTH (FOOD OR LIQUID) 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 will need to arrive at the arrival time that is on your appointment slip
4. **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. **NO PUBLIC TRANSPORTATION** is allowed – this includes taxis, Medicaid transportation and/or public transportation.

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 Stephanie S, LPN a call at 501-221-5851****

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