

Dr. Charles W. Monday, Jr., M. D.  
Miralax Prep

PATIENT NAME: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

MORNING PROCEDURE

**PLEASE READ ALL INSTRUCTIONS CAREFULLY**

**Seven Days Before Your Exam (Date) \_\_\_\_\_:**

STOP Diet pills and/or diet supplements, and herbal preparations.

**Five Days Before Your Exam (Date) \_\_\_\_\_:**

STOP taking iron, multivitamins containing iron, Blood Thinners  
Coumadin(Warfarin), and any other blood thinners or anticoagulants.

**\*\*\*\* IF TAKING A FULL AS ASPIRIN (325mg), SUBSTITUTE BABY ASPIRIN (81-85mg)\*\*\*\***

**Three Days Before Your Exam (Date) \_\_\_\_\_:**

DIET: Beginning today do not eat vegetables, fruits, nuts, or seeds. Drink plenty of fluids. See attached list of allowed foods.

**Two Days Before Your Exam (Date) \_\_\_\_\_:**

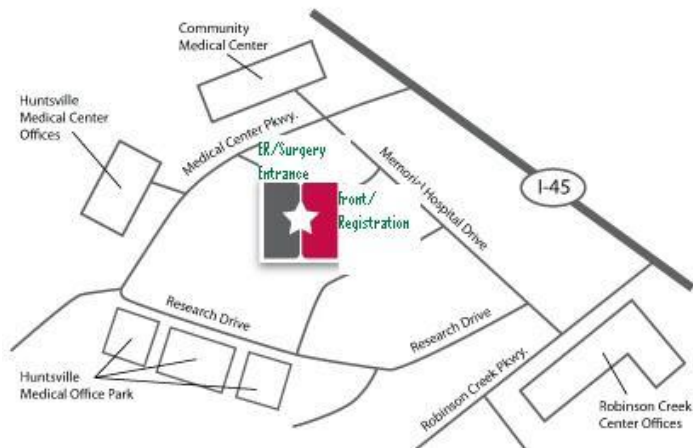
Drink plenty of fluids today.  
Take 2 Dulcolax Laxative with a glass of water at 9:00 pm.

**Day Before Exam(Date) \_\_\_\_\_:**

Drink only CLEAR LIQUIDS for breakfast, lunch, and dinner. Solid foods, milk, or milk products including coffee creamer are not allowed.

See page -2- for additional instructions on taking the prep.

**CONTINUE YOUR REGULAR MEDICATIONS UNLESS YOU ARE TOLD OTHERWISE**



*Arrive at the ER/Surgery Entrance on the day of your procedure. Check in at the desk in the Outpatient Surgery waiting room.*

**Three Days Before Your Exam:**

\$ Purchase **Miralax, 6 Dulcolax Laxative Tablets and Lactulose** from your pharmacy.

\$ From your grocery store, purchase:

Tucks medicated wipes or baby wipes (alcohol and fragrance free) and Charmin Plus toilet tissue to minimize the expected anal irritation from wiping.

**Follow These Instructions the Day Before Your Exam:** DATE: \_\_\_\_\_

**Noon:**

\_\_\_\_ 4:00 pm Take 2 Dulcolax Laxative tablets with a large glass of water  
\_\_\_\_ 4:15 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 4:30 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 4:45 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 5:00 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 5:30 pm Mix 30 ml of Lactulose in 8 oz of water or Gatorade and drink.

**Dinner: Have a CLEAR LIQUID DINNER.**

\_\_\_\_ 7:00 pm Take 2 Dulcolax Laxative tablets with a large glass of water.  
\_\_\_\_ 7:15 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 7:30 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 7:45 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 8:00 pm Mix 1 capful of Miralax in 8 oz of water or Gatorade and drink.  
\_\_\_\_ 8:30 pm Mix 30 ml of Lactulose in 8 oz of water or Gatorade and drink.

1 Miralax Packet = 1 Capful

**That Evening: Continue with CLEAR LIQUIDS.**

**THE DAY OF YOUR PROCEDURE:**

Note: It takes the whole Miralax to do a really good job. If you want an accurate examination, it is important that your preparation for the test is complete. If your colon is not well cleaned out, the test may have to be rescheduled for another day.

Feelings of bloating, chills and/or nausea are common after the first few glasses, due to the large volume of fluid ingested. This is temporary and will improve once bowel movements begin. Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of four hours. You just need to be patient. Just remember to stay close to a bathroom.

Tucks/baby wipes and Charmin Plus toilet tissue may help with irritation after the numerous bowel movements.

THINGS TO REMEMBER BEFORE YOU GO TO HUNTSVILLE MEMORIAL HOSPITAL FOR YOUR PROCEDURE:

-BRING SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE. YOU MAY NOT DRIVE YOURSELF.

-YOUR TOTAL TIME AT THE HOSPITAL SHOULD BE APPROXIMATELY 3-4 HOURS.

-IT IS IMPORTANT THAT WE SPEAK WITH YOU ON THE WORKING DAY BEFORE YOUR PROCEDURE. OFFICE WILL CALL YOU BETWEEN 1:00PM AND 4:00 PM EXCEPT ON FRIDAYS WHICH WILL BE BY 11:00 AM. PLEASE CALL US AT 295-9101 IF YOU ARE NOT CONTACTED DURING THOSE TIMES, OR YOUR PROCEDURE MAY BE CANCELED.

-It is very important that you follow all instructions for your bowel prep. If you have any questions, we can be reached at 936-295-9101. With any problems that you have with the prep before the procedure, please call Dr. Monday. If you are unable to reach Dr. Monday, please call Huntsville Memorial Hospital (936-291-3411) and talk to the Nursing Supervisor.

-You must preregister at Huntsville Memorial Hospital at the Registration Office between 7:30am and 4:00pm at least 2 weeks to 2 days before your procedure.

**FOODS YOU MAY HAVE FOR 2-3 DAYS PRIOR TO YOUR PROCEDURE :**

- Broiled chicken breast /Turkey
- Broiled or steamed fish/ crab
- Boiled shrimp/ lobster/ oysters
- Lean pork / pork tenderloin
- Boiled / mashed potatoes/ milk gravy
- Eggs/ Eggbeaters
- Canned tuna / salmon
- White rice/ Arborio rice
- Pancakes with syrup/ French toast with syrup/ White Melba toast
- Cream of chicken soup
- Macaroni and cheese
- Fettuccine Alfredo
- Strained fruit juices
- Scrambled eggs/ White flour tortillas
- Cream of wheat
- Yogurt/ cream cheese/ Plain bagel
- Carnation Instant breakfast
- Slimfast
- Baked potato/ Pasta
- Soy milk
- Custard/ Flan/ Creme Brulee
- Crackers/ vanilla wafers
- Milk

**Sample Menu**

Breakfast

- 2 Plain Bagel with cream cheese
- scrambled eggs
- Coffee, tea, juice

Lunch

- 2 pieces white bread/slice of turkey
- Cheese/Mayo
- Jello/yogurt
- White cake

Dinner

- Roast Chicken
- Baked potato with sour Cream
- Tea, coffee, juice
- Ice Cream/Jello

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**FOODS YOU MAY HAVE THE DAY PRIOR TO YOUR PROCEDURE:**

**Remember: On the day before your procedure, you are allowed to have clear liquids only.**

**Clear Liquid Diet**

- Fat Free Broth
- Coffee or tea (with sugar if desired)
- Carbonated Beverages (Colas are included)
- Flavored Jello except **Red** (without fruits or vegetables)
- Clear fruit juices: Apple, White Grape
- Water, Tang, Hi-C Juice

**No milk or milk products (to include coffee creamers) are allowed on a clear liquid diet.**