

**MIRALAX & MAGNESIUM CITRATE DOUBLE PREP**

**\*\* \_\_4\_ DAYS PRIOR** to the procedure take **all your regular medication**, but:

- **STOP ALL BLOOD THINNERS** like Aspirin, Arthritis Medications, Aleve, Ansaïd, Arthrotec, Advil, Alka Seltzer, Bextra, Coumadin, Celebrex, Fish Oil, Garlic, Gingko, Ginger, Ibuprofen, Ketorolac, Lovenox, Naproxen, Pletal, Phenoprofen, Plavix, Vioxx and Vitamins.

**\*\* 2 DAYS PRIOR** to the procedure: **STOP XARELTO/PRADAXA/ELIQUIS (if OK with cardiologist)**.

**\*\* 1 DAY BEFORE** your procedure, \_\_\_\_\_:

- **CLEAR LIQUID DIET ONLY ALL DAY: DO NOT eat any solids!** Drink plenty of clear fluids like water, clear broth (vegetable, beef or chicken), ginger ale, sprite, black tea or coffee, Jello and ice pops. Fluids should be clear enough to see thru when held up to a light. If they cannot be seen thru light, they should NOT be consumed. NO ALCOHOL!
- **NO MILK PRODUCTS AND NON-DAIRY CREAMERS OR ANYTHING RED OR PURPLE!**
- **STAY WELL HYDRATED!! Drink as much clear liquids as possible during the day.**

**PREP INSTRUCTIONS:** (Please purchase Dulcolax, Magnesium Citrate & MiraLax from your drugstore)

**DAY BEFORE YOUR PROCEDURE:** Beginning at **\_10:00 AM\_**, take 2 Dulcolax laxative tablets.

1. At **\_12:00 PM\_** Take 1 bottle of the Magnesium Citrate (10oz). Take the 2nd bottle at **\_2:00PM\_** and the 3<sup>rd</sup> bottle at **\_4:00 PM\_**.
2. At **\_8:00 PM\_** take 1 Tablespoon of MiraLax, mix in 8oz clear fluid. Repeat 7 times.

**ON DAY OF PROCEDURE AT:** \_\_\_\_\_ Repeat Step 2.

**DO NOT DRINK ANYTHING AFTER \_\_\_\_\_ !!**

**\*\* On the day of the procedure** take all other medications like sleep aids (night before), heart, asthma, blood pressure, pain, allergy, seizure with a few sips of water. (If you use an inhaler, PLEASE TAKE 2 PUFFS AND BRING INHALER WITH YOU). **DO NOT TAKE ANY DIABETIC MEDICATIONS**, like Actos, Avandia, Glipizide, Glucophage, Glucotrol and Insulin. Do not smoke!

**\*\*\*** Please arrange for transportation, you will be sedated and **CANNOT DRIVE OR GO HOME ALONE!** **DO NOT** take a cab unless accompanied by an adult!

Your procedure has been scheduled on \_\_\_\_\_ at \_\_\_\_\_.

Report to Bardmoor Suite 300, West Bay Surgery Center, Largo Medical Center.

Arrive at \_\_\_\_\_.

\*Your **follow up** appointment has been scheduled on \_\_\_\_\_ at \_\_\_\_\_.

## Clear-Liquid Diet

**One day before—and the day of—your procedure**, you will be on a clear-liquid diet. The chart shows examples of drinks you can include, and what to avoid. Starting the day before your procedure, don't eat any solid food until after your procedure.

Print this chart (PDF) for easy reference.

### CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY



### YES- OKAY TO DRINK

- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jell-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice drink
- Ensure Clear
- Italian Ice

### NO- AVOID THESE

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles, or gelatins with red or purple dye