

# MIRALAX REP

## Saline Surgery & Weight Loss Clinic



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### Saline Surgery & Weight Loss Clinic

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Report to the Outpatient Department at Saline Memorial Hospital.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**\*\*Contact our office 48 hours in advance if you need to cancel your procedure. Please bring your **Driver's License & Insurance Card** to your appointment.**

### ONE WEEK BEFORE YOUR PROCEDURE

Do not take IRON, FISH OIL, vitamins, or herbal supplements. Continue to take your usual medications UNLESS stated by our physician. **Avoid food with seeds (fruits, vegetables, whole wheat, nuts, etc.)**

### DAY BEFORE PROCEDURE

**DO NOT EAT ANY SOLID FOODS THE DAY BEFORE YOUR TEST! YOUR COLONOSCOPY WILL BE CANCELLED IF YOU EAT ANYTHING THE DAY BEFORE YOUR PROCEDURE!!**

**CLEAR LIQUIDS** – Please consume more liquids than you normally consume on the day of your prep. Use a variety of clear liquids from the list below. You must consume 8 ounces of clear liquid ever hour.

- ❖ Bouillon (99% fat free) & Broth
- ❖ Apple Juice
- ❖ Plain Coffee (No Cream)
- ❖ Popsicles (No Red or Purple)
- ❖ Jello (No Red or Purple)
- ❖ Ginger Ale, Water, Sprite, 7-UP
- ❖ Soft Drinks (Coke, Diet Coke, Dr. Pepper, etc.)
- ❖ Plain Tea (No Flavoring)
- ❖ Hard Candy (Such as Sour Balls)

**NO MILK OR MILK PRODUCTS – Including Coffee Mate**

**NO PULP**

**NO RED OR PURPLE PRODUCTS**

**NO ALCOHOL**

**WEIGHTLOSS INJECTIONS:** Please stop 1 week before your scheduled procedure. (Examples include: Ozempic, Wegovy, Mounjaro, and Rybelsus)

**DIABETICS:** Reduce your insulin from \_\_\_\_\_ units of \_\_\_\_\_ in the AM to \_\_\_\_\_ units. In the PM, reduce your insulin from \_\_\_\_\_ units of \_\_\_\_\_ to \_\_\_\_\_ units. If you take oral diabetic medications – **do NOT take them the morning of your procedure.** Please **check your blood sugar** before you leave home and let the nurse know the results before the procedure. Please **monitor your blood sugar** while prepping for the procedure.

**ESSENTIAL MEDICATIONS:** On the morning of the procedure, **DO** take your heart, blood pressure, seizure, anxiety and depression medications with a small drink of water **before 5am.**

**BLOOD THINNERS:** If you take blood thinners such as Aspirin, Coumadin (Warfarin), Plavix (Clopidogrel), Brillinta (Ticagrelor), Aggrenox, Pletal (Cilostazol), Lovenox (Enoxaparin), Heparin, Eliquis, Xarelto (Ticiopidine), Effient, or Pradaxa your physician will give you special instructions on holding these medications prior to your procedure.

**\*\*\*Hold your \_\_\_\_\_ for \_\_\_\_\_ days prior to your procedure.**

# MIRALAX PREP

## Evening Before

Saline Surgery & Weight Loss Clinic



### DAY BEFORE PROCEDURE

#### DO NOT EAT ANY SOLID FOODS THE DAY BEFORE YOU TEST

- ❖ You must consume 8 ounces of clear liquids every hour

#### YOU WILL NEED THE FOLLOWING ITEMS:

- ❖ 1-10oz bottle of lemon/lime flavored *Magnesium Citrate*
  - ❖ 8.3oz bottle of Miralax Powder (Polyethylene Glycol 3350)
  - ❖ 4 Dulcolax Tablets (Bisacodyl)
  - ❖ 64 Ounce bottle of Gatorade (No **Red, Orange or Purple**)
  - ❖ May use (2) 32 ounce bottles for different flavors
- ✓ **12 PM:** (1)Take the 4 Dulcolax Laxative Tablets, (2)Mix the bottle of Miralax with 64oz of Gatorade in large pitcher, (3) Drink 1-8oz glass of the MIRALAX/GATORADE solution (4)Continue drinking 1-8oz glass every 15 minutes until mixture is gone.
  - ✓ **7PM:** 1-10oz bottle of *Magnesium Citrate*

#### DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

- You must follow the instructions carefully to ensure your system will be clean, clear and ready for examination. If instructions are not followed, the physician may be unable to perform your procedure.
- Nothing by mouth after midnight other than your prep, this includes gum, candy, mints and all tobacco products.
- Someone must accompany you to your procedure to drive you home. You will be sedated and unable to drive for the remainder of the day.
- Failure to follow these instructions will result in a delay of your procedure time.

If you have any questions, please call our office at (501) 778-4862

# IMPORTANT NOTICE

If you are being scheduled for any procedure, follow the below instructions:

**NO SEMAGLUTIDES for 1 week prior**

(EXAMPLES INCLUDE): OZEMPIC, WEGOVY, MOUNJARO, AND RYBELSUS

**Start a Clear Liquid Diet at 7a.m. the day before your procedure**

**Nothing by mouth after midnight**

No smokeless tobacco

No Solid Food

No Smoking

No Liquids

No Water

No Candy

No Gum

**\*\*If you have any of these items in your system after midnight or have not completed the clear liquid diet you will not be able to have your procedure.**

# Saline Surgery & Weight Loss Clinic



Saline Health System

## NSAIDS

### (NON-STEROIDAL ANTI-INFLAMMATORY AGENTS)

When scheduled for any Procedure, you must be off all NSAIDS for 7-14 days before the procedure. It has been recommended by your physician that you avoid the following drugs, including but not limited to:

- Fenoprofen – (Nalfon)
- Flurbiprofen – (Ansaid)
- Ibuprofen – (Advil, Aleve, Motrin, Nuprin)
- Ketoprofen – (Orudis)
- Naproxen – (Naprosyn)
- Naproxen Sodium – (Anaprox)
- Oxaprozin
- Diclofenac Sodium – (Voltaren)
- Diclofenac Potassium – (Cataflam)
- Etodolac – (Lodine)
- Indomethacin – (Indocin)
- Ketorolac – (Toradol)
- Indumethacin SR
- Sulindac – (Clinoril)
- Tolmetin – (Tolectin)
- Meclofenamate – (Meclomen)
- Melenamic Acid – (Ponstel)
- Nabumetone – (Relafen)
- Piroxicam – (Feldene)
- Bextra
- Celebrex
- Mobic
- Arthotec
- Vitamin E
- Fish Oil

**\*\*IF THESE MEDICATIONS ARE NOT STOPPED 7-14 DAYS BEFORE PROCEDURE  
WE WILL NEED TO RESCHEDULE YOUR PROCEDURE\*\***

If you are on Pletal, Coumadin, Plavix, Xarelto, Aspirin, Warfarin, Eliquis, Effient or Brilinta,  
**YOU MUST GET SPECIAL INSTRUCTIONS FROM THE PRESCRIBING DOCTOR.**