



Lane  
Gastroenterology

*Care You Can Count On*

## MIRILAX PREP INSTRUCTIONS

Patient name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

You are scheduled for the following procedures:

- ☐ Colonoscopy
- ☐ Esophagogastroduodenoscopy (EGD)

Date of Procedure: \_\_\_\_\_

Please arrive at \_\_\_\_: \_\_\_\_

### Where To Go:

- ☐ Lane Endoscopy Center  
6550 Main St  
Zachary, LA 70791  
\*3<sup>RD</sup> FLOOR (EXIT ELEVATOR, DOOR TO THE RIGHT WITH BLUE WREATH)
- ☐ Lane Regional Medical Center  
6300 Main St  
Zachary, LA 70791  
\*1<sup>st</sup> FLOOR (OUTPATIENT REGISTRATION)

**YOU MUST HAVE AN ADULT DRIVE YOU TO AND FROM YOUR PROCEDURE. IF YOU DO NOT HAVE SOMEONE TO DRIVE YOU, YOU WILL BE RESCHEDULED.**

### YOU WILL NEED TO PURCHASE:

- 1 - 8.3 oz Bottle of Mirilax (238 grams)
- 1 – Box of Dulcolax laxative tablets
- 3 - 32 oz Bottles of Gatorade, Powerade or Water

## TWO DAYS BEFORE YOUR PROCEDURE:

- Stop taking fish oil (if you take it)
- Do NOT eat nuts, popcorn, seeds, or corn
- Discontinue all fiber supplements (Metamucil, Citrucel, Fiberall, etc.)

Take 2 DULCOLAX tablets @ 12 Noon, AND Take 2 DULCOLAX tablets @ 5PM.

You may eat a light meal.

## THE DAY BEFORE **CLEAR LIQUIDS ONLY!!!**

### APPROVED LIQUIDS TO DRINK:

- Coffee or Tea – (no creamer or milk)
- Fruit juices – apple, white grape, pineapple (no pulp)
- Jell-O, Popsicles – no red or purple
- Water
- Broth (chicken, beef, vegetable)
- Clear soda (Sprite, Ginger Ale, 7-up)
- Sport drinks – no red or purple

### DO NOT:

- Eat anything
- Drink anything **RED OR PURPLE**
- Drink alcohol
- Take any other laxatives while taking Mirilax/Dulcolax

Mix 5 capfuls of MIRILAX powder into each of the 3 bottles of Gatorade, Powerade, or Water. Shake well to dissolve and refrigerate.

At 5 PM, begin drinking the first 2 bottles of Mirilax solution. Drink 8oz every 15 minutes until the 2 bottles have been consumed.

## THE DAY OF YOUR COLONOSCOPY:

Drink the 3<sup>rd</sup> bottle of Mirilax solution before 6AM.

- **YOU MUST FINISH DRINKING BY 6AM AND HAVE NOTHING ELSE 2 HOURS BEFORE YOUR APPOINTMENT**
- **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME**

### Take Your Regular Medications the Morning of Your Procedure:

Most medications are safe to take 1 hour before starting the 3rd dose of Mirilax. Insulin and other diabetes medication should NOT be taken unless specifically instructed to do so. Blood thinners (ex: aspirin, Eliquis, Xarelto, Plavix, Brilinta, Coumadin) should NOT be taken.

Stop taking \_\_\_\_\_, \_\_\_\_\_ days before your procedure.

If you have questions or need to cancel/reschedule your procedure, please call **225-658-6780**.