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
   *3RD FLOOR (EXIT ELEVATOR, DOOR TO THE RIGHT WITH BLUE WREATH)

☐ Lane Regional Medical Center
   6300 Main St
   Zachary, LA 70791
   *1ST 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, Citruce, 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 3rd 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**.