



DR VALANTAS MIRALAX-GATORADE-GOLYTELY INSTRUCTIONS

PLEASE PURCHASE OVER THE COUNTER

- Two Dulcolax laxative tablets
- One 238 **or** 255 gram bottle of Miralax powder
- One 64oz **or** two 32oz bottles of Gatorade (only lemon, lime or clear flavors)

Have you had a heart attack within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any heart or blood vessel (vascular) stents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had any blood clots within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you recently had a medical procedure done?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

7 DAYS BEFORE THE PROCEDURE

- **STOP** taking iron containing products, such as multivitamin with iron.
- **STOP** eating foods with seeds, nuts, popcorn, etc.

5 DAYS BEFORE THE PROCEDURE

- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, etc.
- **STOP** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. You may continue to take Tylenol.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

2 DAYS BEFORE THE PROCEDURE

- **STOP ALL SOLID FOODS. Clear liquids only starting from the moment you wake up.** Please see clear liquid guidelines.
- At **10:00am** take 2 Dulcolax tablets by mouth.
- At **5:00pm** mix the Miralax and Gatorade together and drink until solution is completely gone. **Then continue with clear liquid diet.**

1 DAY BEFORE THE PROCEDURE

- **CONTINUE CLEAR LIQUID DIET.** You may only have clear liquids today.
- **PLEASE FOLLOW THE DIRECTIONS FOR THE GOLYTELY ON THE SECOND PAGE OF THE PREP.**
- This solution will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. While drinking the Golytely, please use clear, sugar-free, menthol cough drops as needed to help prevent vomiting. If you do vomit, try slowing your consumption rate of the Golytely. If your vomiting is excessive or you feel you may need to cancel your procedure, please contact our office immediately for further instructions.

ON THE DAY OF YOUR PROCEDURE

- **CONTINUE ON CLEAR LIQUID DIET.** You may only have clear liquids up until the 2nd dose of Golytely.
- **5 HOURS PRIOR TO THE PROCEDURE:** drink the 2nd dose of the Golytely solution.
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible.

2841 Debarr Road
Building A, Suite 50
Anchorage, AK 99508
Phone: (907) 276-2811



CLEAR LIQUID GUIDELINES

START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811

NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.

You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.

Thank you for affording us the opportunity to provide you with our healthcare services.

2841 Debarr Road
Building A, Suite 50
Anchorage, AK 99508
Phone: (907) 276-2811

Updated 12/30/2019