



## DR VALANTAS MIRALAX - GATORADE INSTRUCTIONS

### PLEASE PURCHASE OVER THE COUNTER

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

### 1 DAY BEFORE THE PROCEDURE

- **STOP ALL SOLID FOOD.** You may only have clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.
- At **10:00am** take the 2 Dulcolax tablets by mouth.
- At **5:00pm** mix 1 bottle of Miralax powder into the 64oz bottle of Gatorade. Stir the solution until the Miralax is dissolved. Drink and 8oz glass every 10 – 15 minutes until solution is gone.
- Continue on your clear liquid diet.

### ON THE DAY OF YOUR PROCEDURE

- **5 HOURS PRIOR TO THE PROCEDURE:** Mix ½ bottle of Miralax with the 32oz bottle of Gatorade and drink 8oz every 10 – 15 minutes until gone. Then, **nothing by mouth** until after your procedure.
- 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.**

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