



DR INGLE 2 DAY MIRALAX-GATORADE INSTRUCTIONS

PLEASE PURCHASE OVER THE COUNTER

- 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)
- (4) 125mg or 500mg Tablet of OTC GasX
- Two 10oz bottle of Magnesium Citrate (only lemon, lime or clear flavors)

7 DAYS BEFORE THE PROCEDURE

- **STOP** taking iron containing products, such as multivitamin with iron.
- **STOP** eating foods with seeds, nuts, popcorn, etc.
- **STOP** eating green leafy vegetables (spinach, kale, cabbage, lettuce, ect.)

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.
- If you are taking Aspirin under the advisement of another physician you should continue taking this medication

2 DAYS BEFORE THE PROCEDURE

- **STOP ALL SOLID FOODS. Clear liquids only, beginning at 6:00pm.** Please see clear liquid guidelines.
- **At 6:00pm drink (2) 10oz bottles of Magnesium Citrate slowly over the next 2 hours.** (This may cause diarrhea, mild abdominal cramping, nausea, and fullness.)

1 DAY BEFORE THE PROCEDURE

- **CONTINUE CLEAR LIQUID DIET.** You may only have clear liquids today.
- 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

- **CONTINUE ON CLEAR LIQUID DIET.** You may only have clear liquids today.
- Please take (4) 125mg or 500mg Tablet of OTC GasX prior to starting second dose of prep.
- **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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