



## **DR TOMPKINS MIRALAX - GATORADE FOUR DAY PREP**

### **PLEASE PURCHASE OVER THE COUNTER**

- One 238 or 255 gram bottle of Miralax powder
- One 64oz or Two 32oz bottles of Gatorade (only lemon, lime or clear flavors)
- Four 10oz bottles of Magnesium Citrate (only lemon, lime or clear flavors)

### **7 DAYS BEFORE THE PROCEDURE**

- **STOP** taking aspirin or aspirin containing products. Tylenol is okay if needed.
- **STOP** taking iron containing products, such as multivitamin with iron.
- **STOP** eating foods with seeds, nuts, popcorn, etc.
- **STOP** eating all green leafy vegetables (spinach, kale, cabbage, lettuce, etc.)

### **5 DAYS BEFORE THE PROCEDURE**

- **STOP** taking any non-steroidal, anti-inflammatory medications, such as Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc. Tylenol is okay if needed.
- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, etc.
- 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.

### **4 DAYS 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 6:00pm drink one bottle of Magnesium Citrate** (This may cause diarrhea, mild abdominal cramping, nausea, and fullness.)

### **3 DAYS BEFORE THE PROCEDURE**

- **CONTINUE CLEAR LIQUID DIET.** Please see clear liquid guidelines.
- **At 6:00pm drink the 2<sup>nd</sup> bottle of Magnesium Citrate** (This may cause diarrhea, mild abdominal cramping, nausea, and fullness.)

### **2 DAYS BEFORE THE PROCEDURE**

- **CONTINUE CLEAR LIQUID DIET.** Please see clear liquid guidelines.
- **At 6:00pm drink the 3<sup>rd</sup> bottle of Magnesium Citrate** (This may cause diarrhea, mild abdominal cramping, nausea, and fullness.)

### **1 DAY BEFORE THE PROCEDURE**

- **CONTINUE CLEAR LIQUID DIET.** Please see clear liquid guidelines.
- **At 5:00pm** using a separate container, combine the entire bottle of Miralax powder with the Gatorade(s). Shake the solution until the Miralax is dissolves. Drink an 8oz glass every 10-15 min until the solution is gone. Then continue clear liquid diet.

### **ON THE DAY OF YOUR PROCEDURE**

- **CONTINUE ON CLEAR LIQUID DIET.**
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible.
- 6 hours prior to your procedure drink the 4<sup>th</sup> bottle of magnesium citrate, and then **NOTHING BY MOUTH until after your procedure.**

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



## **CLEAR LIQUID GUIDELINES**

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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