

Dr. Haghighi Instructions
Half dose Miralax and Gatorade

- Have you had a heart attack within the last year?
- Do you have any heart or blood vessel (vascular) stents?
- Have you had any blood clots within the last year?

Please purchase over the counter:

One bottle of 119 grams Miralax powder, 32 total ounces of Gatorade (lemon-lime or white only)

7 Days before the procedure:

- **STOP** taking iron containing products, such as a multivitamin with iron
- **STOP** eating foods with seeds or nuts, including popcorn, strawberries, tomatoes, etc.
- **STOP** all GLP-1 agonist medication such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

5 Days before the procedure

- **STOP** taking herbal supplements such as ginger/garlic pills, ginseng, ginkgo, etc.
- **PLEASE** check with your prescribing physician if you take Plavix, Eliquis or any other blood thinning medication. If you are unsure about the medications you are taking, please contact your prescribing doctor's office for clarification.

1 Day before the procedure

- **Light meals are okay up until 3 PM (soup, salad, without seeds or nuts)**
 - 1: At 5 PM, in a separate container, combine all 119 grams of Miralax powder and 32 ounces and drink the entire solution. It is recommended you drink the mixture at a rate of 8 ounces every 10 – 15 minutes.
 - 2: Start the clear liquid diet. The Miralax will induce diarrhea. Your stool should become lighter until it's yellow in color. Please remember to drink the entire solution. You may experience cramping or a sensation of fullness. If you vomit or are unsure about the efficacy of the prep, please contact our office for further instructions.
 - 3: Continue on your clear liquid diet until midnight. Then, **nothing by mouth** until after your procedure.

On the day of your procedure:

Only blood pressure and heart medications may be taken the morning of the procedure with the **smallest amount of water possible**.

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

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.