

DR. HAGHIGHI 2 DAY MIRALAX - GATORADE INSTRUCTIONS

PLEASE PURCHASE OVER THE COUNTER

- 119 grams of Miralax, one 32 oz bottle Gatorade
- 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? Yes No

Do you have any heart or blood vessel (vascular) stents? Yes No

Have you had any blood clots within the last year? Yes No

Have you recently had a medical procedure done? Yes No

Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa? Yes No

7 DAYS BEFORE THE PROCEDURE

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

5 DAYS BEFORE THE PROCEDURE

- 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.

2 DAYS BEFORE THE PROCEDURE

- Beginning when you wake up, you may have light meals up until 3pm.
- At 3pm **STOP ALL SOLID FOODS**. Please see clear liquid guidelines.
- Drink 32 ounces of liquid mixed with 119 grams of Miralax powder at a rate of 8 ounces every 10-15 minutes. Continue with clear liquids

1 DAY BEFORE THE PROCEDURE

- 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 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.
- Continue on your clear liquid diet until midnight.

ON THE DAY OF YOUR PROCEDURE

- If your procedure is scheduled at 1pm or later, you can continue clear liquids up until 6 hours before your procedure time. 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.

CLEAR LIQUID GUIDELINES

START LIQUID DIET 2 DAYS 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.