

Miralax / Suprep Constipation PREP

**Need to get from a pharmacy:** Rx – Suprep  
Miralax (enough for 14 doses)

**7 DAYS BEFORE YOUR PROCEDURE:**

- Continue on your regular diet
- Take 1 or 2 doses of Miralax every day. Mix the Miralax as directed on the package
  - Stop eating any seeds or nuts.

**2 DAYS BEFORE THE PROCEDURE:**

- START A **CLEAR LIQUID DIET** WHEN YOU GET UP IN THE MORNING (SEE THE FOLLOWING LIST)

<b>FOOD ALLOWED ON A CLEAR LIQUID DIET</b>	
BEVERAGE	Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape Juice, warm or cold flavored gelatin, fruit flavored drinks and powders (Gatorade, Country time, Crystal light, Kool-Aid), Clear Ensure
SOUP	Fat free broth or bouillon
DESSERT	PLAIN fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans
CONDIMENTS	Sugar, Artificial sweeteners, Non-fat/non dairy, liquid or powdered creamers (Coffemate, Creamora)
<b>FOODS NOT ALLOWED</b>	
NO SOLID FOOD NO dairy products: cheese, milk, half&half, Slim Fast, Glucerna, Boost, regular Ensure NO purple or red colorings ORANGE coloring IS ACCEPTABLE	

**THE DAY BEFORE YOUR PROCEDURE:**

- **At 5pm** Pour one (1) 6 ounce bottle of SUPREP laxative into the mixing cup that came with the kit. Add cool water to the red line. This will equal 16 ounces. Stir and mix the mixture. Drink the entire cup.
- **In the next hour** Drink two (2) 16 ounce cups of clear liquid. These 2 glasses are to prevent you from becoming dehydrated.
- You should have BM's within 30-60 minutes
- If necessary, use a straw or eat hard candy
- You will feel bloated. After you start having BMs the bloating will pass
- Continue drinking clear liquids until you go to bed
- Take any prescribed medications when your BMs slow down

**THE MORNING OF THE PROCEDURE:**

**5 hours before you leave home** drink the last 16 ounces of the laxative.

**In the next hour** drink two (2) 16 ounces glasses of water

12 HOURS before your procedure: STOP SMOKING
6 HOURS before your procedure: No candy, mints, jelly beans or chewing gum
3 HOURS before your procedure: Take any regularly prescribed medication. DO NOT TAKE diabetic medication, potassium pills or diuretics (water pills)
<b>STOP DRINKING LIQUIDS at:</b>

Arrive at the \_\_\_\_\_ at \_\_\_\_\_ to complete your preparation for the procedure.

Contact your Primary Care physician, if necessary, for any adjustments in your medications, i.e. blood thinners, diabetic medication. (Please refer to list of medications to stop prior to a procedure)