



ENDOSCOPY CENTER OF SOUTHEAST TEXAS

950 N 14th St Suite 200
Beaumont, TX 77702
409-833-5555

PLEASE READ ALL PAPERWORK CAREFULLY

MIRALAX Bowel Prep Instructions – TWO DAY Split Prep

2 Days Prior to Procedure:

** You may have clear liquids **ONLY**, such as green or yellow Jell-O, broth, soft drinks (Coke, Dr. Pepper, Sprite, etc.) black coffee, tea, apple juice, white grape juice...**BUT WITHOUT red, orange, blue or purple coloring, and no milk products or juices with pulp.**

****At 6:00pm**, take 10mg of Dulcolax (two 5mg laxative tablets) with a glass of water.

****At 7:00pm**, mix one dose of over-the-counter Miralax with 8oz of sugar free, clear or yellow Crystal Light, Propel or Water or beverage of your choice. Begin drinking one 8 oz glass of liquid every 20 minutes, mixing and drinking three additional glasses for a **total of 4 doses/glasses.**

Day Before Procedure:

**Continue clear liquid diet as explained above.

****At 9:00am**, take 10mg of Dulcolax (two 5mg laxative tablets) with a glass of water.

****At 3:00pm**, take 10mg of Dulcolax (two 5mg tablets) with a glass of water.

****At 4:00pm**, mix one dose of over-the-counter Miralax with 8oz of sugar free, clear or yellow Crystal Light, Propel or Water or beverage of your choice. Begin drinking one 8 oz glass of liquid every 20 minutes, mixing and drinking additional glasses for a **total of 6 doses/glasses.**

****At 8:00pm**, mix and **drink another 6 doses/glasses.**

*Once the above preparation is completed, you may have any of the above approved **sugar free clear liquids up to 4 hours prior to your arrival time.**

*You **DO** need to continue taking any blood pressure, seizure, or heart medication, taking them with a small sip of water the morning of your procedure up to **3 hours before your arrival.**



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***DIABETICS OR WEIGHT LOSS PATIENTS:** Patients taking semaglutide, dulaglutide or other glucagon-like peptide-1 (GLP-1) receptor agonists or injections for diabetes or weight loss require clearance to hold the injections for **7 days** to the procedure date. (Ozempic, Trulicity, Mounjaro, Rybelsus, Victoza, Saxenda, Adlyxi, Bydureon, BCise, Byetta, Wegovy or Tanzeum)

*Stop all **MEDICATION WITH IRON 5 days** prior to your procedure, unless otherwise directed by your physician.

*Stop all **BLOOD THINNERS** as instructed prior to your procedure, unless otherwise specified by your physician. It is not necessary to stop aspirin for this procedure. Please call the number below if you take blood thinners and have not received instructions.

***DIABETICS** should take half of the diabetic medication on the day prior to the procedure and hold all diabetic medications on the day of the procedure, unless otherwise specified by your physician. **Bring diabetic medication with you to take after your procedure.**

*If you are scheduled at The Endoscopy Center of Southeast Texas, **you will receive an email or text invitation from no-reply@southeasttxendo.com to join the Patient Portal to complete your registration for The Endoscopy Center of Southeast Texas.** If you are not able to register electronically, complete the MEDICATION RECONCILIATION FORM and take it to the Center on the day of your procedure.

* **Do not use tobacco products, no chewing gum, and no hard candy/mints the day of your procedure.**

* **You will need an adult to stay at the Center during the procedure and drive you home afterwards.**

Due to new patient privacy laws, you may require a follow-up visit with your physician or nurse practitioner. If the biopsy or polyp removal is performed at the time of your procedure, you will be given an office appointment at which time the pathology findings will be discussed with you.

If you have any questions about these instructions, please call 409-833-5555