

MIRALAX INSTRUCTIONS

DATE OF PROCEDURE:

TIME OF PROCEDURE:

CHECK IN TIME:

DOCTOR'S OFFICE

MICHELLE RANDOLPH MD
2741 DEBARR RD. BLDG C SUITE 402
ANCHORAGE AK 99507
(T) 907-222-5077
(F) 907-222-5088

PROCEDURE LOCATION:

<input type="checkbox"/> AK DIGESTIVE CENTER 4048 LAUREL ST #103A ANCHORAGE AK 99508 907-563-1750	<input type="checkbox"/> SURGERY CENTER OF ANCHORAGE 4001 LAUREL ST SUITE A ANCHORAGE AK 99508 907-563-1800	<input type="checkbox"/> AK REGIONAL 2801 DEBARR RD ANCHORAGE AK 99508 907-264-2050	<input type="checkbox"/> PROVIDENCE 3200 PROVIDENCE DR ANCHORAGE AK 99508 907-212-3120
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COVID LOCATION:

48-72 HOURS COVID TEST NEEDS TO BE DONE

ANCHORAGE 3425 EAST TUDOR ROAD MONDAY TO FRIDAY 6AM-4:30PM	<input type="checkbox"/> ANCHORAGE 3841 PIPER STREET SUITE T211 (PROVIDENCE) M-F 7AM-6PM SAT 7AM-3PM	MATSU VALLEY CAPSTONE WASSILLA 3122 E MERIDIAN LOOP M-F 8AM-8PM SAT/SUN 10AM-6PM 907-864-4642	AK REGIONAL HOSPITAL PLEASE CALL TO SCHEDULE TESTING 264-2055
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THE WHOLE DAY BEFORE PROCEDURE

LIQUIDS OK TO DRINK

<input type="checkbox"/> CLEAR LIQUIDS ONLY <input type="checkbox"/> DO NOT DRINK MILK <input type="checkbox"/> DO NOT CONSUME ANYTHING RED OR PURPLE <input type="checkbox"/> DO NOT DRINK ALCOHOL <input type="checkbox"/> STAY HYDRATED	<input type="checkbox"/> STRAINED FRUIT JUICE (NO PULP) INCLUDING APPLE, ORANGE, WHITE GRAPE, WHITE CRANBERRY <input type="checkbox"/> LEMONADE OR LIMEADE <input type="checkbox"/> COFFEE OR TEA (WITHOUT MILK, DAIRY, OR NON-DAIRY CREAMER) <input type="checkbox"/> CLEAR BROTH <input type="checkbox"/> GELATIN DESSERTS WITHOUT ADDED FRUIT OR TOPPINGS (NO RED OR PURPLE) <input type="checkbox"/> CLEAR SODA (GINGER ALE)
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MIRALAX INSTRUCTIONS

REMINDER STOP ALL CLEAR LIQUIDS LEAST 2 HOURS BEFORE YOUR PROCEDURE

- If you are taking any blood thinners please discuss with Dr. Randolph.
- Purchase Dulcolax laxative tablet (3 tablets required for prep).
- Purchase Miralax 238 grams (8.3 ounces) powder.
- Purchase 64 ounce gatorade (no red, no purple color)
- 48-72 hours take a COVID test.
- Patient must be accompanied by a driver on the day of the procedure
- You cannot drive for 24 hours after your procedure
- Make sure to bring your photo id and insurance cards when arriving for your procedure.
- Please note there are separate doctor's fee, facility fee, and pathology fee.

5PM ON XX/XX/2020 THE EVENING BEFORE YOUR PROCEDURE

<p>STEP 1: AT 5PM TAKE 3 DUCOLAX LAXATIVE PILL WITH WATER BY MOUTH.</p>	<p>STEP 2: IN A PITCHER, MIX THE 8.3 OUNCES OF MIRALAX WITH THE 64 OUNCES OF GATORADE. STIR/SHAKE THE CONTENTS UNTIL THE ENTIRE CONTENTS OF MIRALAX ARE COMPLETELY DISOLVED. REFRIGERATE. DO NOT ADD ICE, SUGAR, OR ANY OTHER FLAVORINGS TO THE SOLUTION.</p>	<p>STEP 3: AT 7PM DRINK THE FIRST HALF OF THE GATORADE/MIRALAX SOLUTION. DRINK ONE 8-OUNCE GLASS EVERY 10 -20 MINUTES. YOU WILL NEED TO FINISH ALL 32 OUNCES TODAY. REFRIGERATE THE REMAINING HALF FOR TOMORROW MORNING.</p>
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AM ON XX/XX/2020 THE DAY OF YOUR PROCEDURE

<p>STEP 1: DRINK THE SECOND HALF OF THE GATORADE/MIRALAX. DRINK ONE 8-OUNCE GLASS EVERY 10-20 MINUTES UNTIL COMPLETED.</p>	<p>STEP 2: STOP ALL CLEAR LIQUIDS 2 HOURS BEFORE PROCEDURE.</p>
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