



**Radha Tamerisa MD**  
25230 Kingsland Blvd Suite 102 Katy, Texas 77494  
**P: (281) 869-3009 F: (832) 437-5182**

☐ COLONOSCOPY

## MiraLAX PREP

☐ COLONOSCOPY / EGD

Your procedure date is:

**The facility will give you a call 24-72 hours prior to your procedure date to provide arrival time. Please NOTE: The time you see on Dr. Tamerisa HEALOW Portal DOES NOT REFLECT the surgery center schedule!!!**

**Memorial Hermann Kingsland Surgery Center- phone: 281-492-1234**  
21720 Kingsland Blvd. Ste. 101 Katy, TX. 77450

**Memorial Hermann Katy Hospital – Phone- 281-644-7000**  
23900 Katy Freeway, Katy, TX. 77494

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY A WEEK BEFORE YOUR PROCEDURE**  
*If you start Blood Thinner or Weight loss medications after scheduling your procedure, or have questions,  
Please call our office 281-869-3009*

You must have a **RESPONSIBLE ADULT TO DRIVE** you home after the procedure (**NO UBER, NO TAXI**)

- PLEASE NOTE THAT WE DO NOT SET THE ARRIVAL TIMES.** You will receive a call from the facility at least 48-75 hours before your procedure with your expected arrival time, **PLEASE CONTACT THE FACILITY DIRECTLY at 281-492-1234** if you have not received a call by 3 pm the day before your procedure.
- If biopsies are taken, results can take 10-14 days to come in. You must schedule a 3-week post procedure appointment to obtain results. If no post-op is necessary, we may contact you to cancel the appointment.

### 7 DAYS PRIOR TO PROCEDURE

- **STOP** Iron and Fish Oil Supplements a week before your procedure(s) as they may impair visibility during the procedure.
- If you take **BLOOD THINNERS** like: Aspirin, Plavix/Clopidogrel, Coumadin/Warfarin, Effient, Pradaxa, Eliquis we will obtain authorization from your prescribing physician. We will call you with specific instructions. If we have **NOT** called you within 7 days of your procedure, please call our office immediately at (281)869-3009.
- **DO NOT STOP** heart, blood pressure or other regular medication unless your doctor instructs you to do so.
- You may continue to take aspirin as prescribed, if you are taking it for preventative reasons.
- If you take a prescription type such as diabetic or weight loss medications: **Phentermine, Mounjaro, Saxenda, Naltrexone HCl, and Semaglutide injections like: Wegovy, Ozempic or Rybelsus** you must **hold it for 7 days before the procedure**. Per Anesthesia guidelines, not holding these medications within 1-2 weeks prior to procedure will cause cancellation of your procedure
- If you are on oral medication(s), insulin or insulin pump for **DIABETES**, please confirm the pre-procedure protocol set by your PCP/Endocrinologist because you may need a change the day before or the day of your procedure(s).

### 5 DAYS PRIOR TO PROCEDURE

- 5 days prior to your procedure(s) begin to reduce residue in your diet by refraining from eating **nuts, seeds, corn, popcorn, RAW fruits and vegetables, such as lettuce, corn or celery.** (You can have fruits and vegetables only if they are skinless/peeled and cooked).
- **Discontinue fiber supplements**, such as Metamucil, Citrucel, Fiberall, Benefiber, etc...unless used for maintaining bowel regularity.

**Purchase at the pharmacy-** All available over the counter no prescriptions required.

- 238-gram bottle of MiraLAX powder
- 2 Bottles – 10oz of Clear Solution magnesium Citrate
- 64 oz of clear liquids (Gatorade, water, apple juice, Crystal Light, Tea or any clear fluid)

### **1 DAY BEFORE PROCEDURE**

- Start on a **CLEAR LIQUID** diet from the moment you wake up and continue all day. **DO NOT eat any solid foods.** (refer to the Clear Liquid diet below)
  - You must complete this prep even if you already have diarrhea.
  - **YOU MAY NOT HAVE** anything **RED** or **PURPLE**
  - If you are on oral medication(s) or insulin for **DIABETES**, take half dose and **HOLD** the morning of your procedure(s). You should drink clear liquids with sugar because you will not be eating solid foods.
- We advise you to monitor your blood sugar levels during this time and before you leave for your procedure(s). Please bring your medications with you on the day of your procedure.

### **CLEAR LIQUID DIET (1 Day before procedure)**

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

### **NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!!**

#### **Foods allowed:**

- Clear broth (chicken, beef, vegetable, etc...)
- Black Coffee (no dairy/creamer)
- Tea
- Water (non-carbonated or mineral)
- Jell-O: Lime, Lemon, Peach, Pineapple, Apricot flavors are ok.
- Popsicles (water based)
- Fruit juices: White grape, Lemonade, Apple (NO PULP, NO **RED OR PURPLE**)

#### **Food to avoid:**

- NO dairy products (milk, yogurt, ice-cream, creamy soups)
- NO meats or meat substitutes
- NO vegetables
- NO grains or starches
- NO alcoholic beverages
- NO oatmeal or cream of wheat

#### **Sample Menu**

##### **Breakfast:**

White grape juice  
Clear Broth  
Jell-O  
Tea

##### **Lunch:**

Apple Juice  
Clear Broth  
Jell-O  
Tea

##### **Dinner:**

Lemonade (NO PULP)  
Clear Broth  
Jell-O  
Tea



**GENERAL HINTS:**

- ☐ Try drinking 1 cup of ginger tea before you start to settle your stomach; you can also have ginger tea in between prep drinks.
- ☐ If you are **vomiting**:
  - **Take a break for 30 minutes**, if you do not feel better call us at: (281)869-3009.
- ☐ If you feel **bloated or nauseous**:
  - **Increase time between drinking the prep** i.e. 30 minutes rather than 20 minutes. You can also try drinking the solution with a straw to bypass your taste buds to reduce nausea.
- ☐ You should expect to have > 10 bowel movements/diarrhea within the first 1-2 hours after drinking the solution.
  - If you have not had a bowel movement, you may continue to drink fluids through the evening. Try a warm glass of water or tea and continue to walk to help facilitate movement.
- ☐ **GOAL:** Drink all the solution. Stools should be clear (like apple juice), without any remaining stool.  
**\*\*\*If during the procedure it is deemed that you had an inadequate/poor prep, then this may result in a cancellation of the procedure, or you may have to repeat your colonoscopy sooner than would be recommended. \*\*\***

**PLEASE DISREGARD ANY INSTRUCTIONS ON THE PRESCRIPTION BOX  
FOLLOW THE INSTRUCTIONS BELOW:**

- ☐ **DOSE 1: Step 1:**
    - **at 4:00 P.M. the day before your Colonoscopy**-Take the 1<sup>st</sup> 10oz. bottle of **Magnesium Citrate**.
  - ☐ **STEP 2:**
    - **At 6:00PM:** Mix TWO capfuls of MiraLAX with 8oz of CLEAR fluid of your choice and stir/shake until powder has dissolved. Drink this 8oz glass of solution within 15 minutes. **REPEAT this step 4 more times**, so a total of **FIVE- 8oz glasses** with 2 capfuls of MiraLAX have been consumed every 15 minutes over the next 1 hour and 15 minutes.
- You may continue to drink CLEAR liquids until midnight. Nothing after midnight except the 2<sup>nd</sup> part of the prep as directed below.
- ★ **IMPORTANT:** If nausea, bloating, cramping or abdominal pain occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

**THE DAY OF THE PROCEDURE**

- ☐ **NO SOLID FOODS**
  - ☐ **DOSE 2: STEP 1 – Six hours prior to your arrival time** Drink 2<sup>nd</sup> bottle of **Magnesium Citrate**.
  - ☐ **STEP 2-** Mix TWO capfuls of MiraLAX with 8oz of CLEAR fluid of your choice and stir/shake until powder has dissolved. Drink this 8oz glass of solution within 15 minutes. **REPEAT this step 2 more times**, so a total of **THREE- 8oz glasses** with 2 capfuls of MiraLAX have been consumed every 15 minutes over the next 45
- ★ **IMPORTANT:** Your stools should be watery, clear/yellow. If your bottom is sore you may use wet washcloth, A&D Ointment, Preparation H or a similar cream.
- ★ **4 HOURS PRIOR TO YOUR PROCEDURE TIME-** **YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER.** You may take any necessary prescriptive morning medications with a small sip of water only.



**\*\*\*Follow only directions provided by Dr. Tamerisa's office. Any foods consumed PRIOR to the procedure, or any liquids consumed 4 hours before the arrival time could result in cancellation or reschedule of your procedure\*\*\***

**Any medications like: Ozempic, Mounjaro, Wegovy or Semaglutide require special preparation. Please notify the office if you begin these medications before your procedure.**

**Patients with kidney disorders, heart conditions, blood thinners, neurological and pulmonary conditions REQUIRE a clearance PRIOR to procedure. Please notify our office and contact your specialist if you require clearance.**