

Preparing for Prostate Seed Implant

Patient Name _____ Implant Date _____

Buy These Items at Your Pharmacy or Grocery Store

- MiraLAX®, 238-gram bottle
- Dulcolax®, box of 4 tablets
- Gatorade or Gatorade 2 (G2), 64-ounce bottle to mix with the MiraLAX

You can buy generic versions of these products.

The Day before Your Implant

1. Follow a clear liquid diet from first thing in the morning until midnight. **Do not eat solid foods until after your procedure.** Ask your doctor about medicines you usually take during the day.
2. First thing in the morning, add all of the MiraLAX to the Gatorade. Shake until the MiraLAX has dissolved. Put the mixture in the refrigerator. You will use it later in the day.
3. At 10 a.m., take four Dulcolax tablets.
4. At noon, shake the MiraLAX and Gatorade mixture again. Drink 8 ounces (1 cup) of the mixture every 10-15 minutes until you have taken one-half of the mixture. Put the rest in the refrigerator.
5. At 8 p. m., drink 8 ounces (1 cup) of the mixture every 10-15 minutes until you have taken all the mixture.
6. After midnight do not eat or drink anything unless your doctor tells you to.



Clear Liquid Diet

The clear liquid diet includes these foods:

- Broth: beef, chicken, or vegetable
- Coffee (without milk)
- Gelatin (without fruit)
- Juice: white grape, apple, or lemonade without pulp
- Popsicles (without fruit or cream)
- Sodas: diet or regular
- Sports drinks
- Tea (without milk)
- Water