

Miralax Prep

PLEASE FOLLOW OUR INSTRUCTIONS TO PREPARE FOR YOUR PROCEDURE

On the morning of _____ start a clear liquid diet. Such as : Water, Flavored water, Apple Juice, **White** Grape Juice, country-time Lemonade, Ginger Ale, Soda, diet or regular, (7-UP, Mountain Dew, Sprite, Coke or Pepsi), Coffee (no milk or creamer)(sugar ok) Tea, Gatorade, Chicken or Beef (broth or bouillon) Jell-O, Popsicles. **You cannot eat or drink anything red or purple. Please do not eat solid foods, or drink any liquid with pulp, alcohol, or milk products.** This includes BREAKFAST, LUNCH, AND DINNER.

Please avoid seeds, nuts, popcorn, raw fruits and raw vegetables for 2 days prior to your prep date.

DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE

You will need to purchase:

- 238 grams (8.3 ounces) of Miralax
- 64 ounces of Gatorade (**Not red or purple**) or twist or sprite
- 2 Dulcolax Laxative tablets

The day before your procedure, mix the Miralax and Gatorade together and refrigerate. Starting at 5 pm, drink half of the mixture taking up to 2 hours to complete. Take 2 Dulcolax tablets at 5 pm.

Repeat at _____; drinking the remaining half of the mixture.

You may continue to have clear liquids up to 4 hours prior to your arrival

MEDICATIONS

Do not take NSAIDS, Iron, or Vitamins plus Iron for 5 days prior to your procedure. (Aspirin ok to take but avoid morning of procedure) Stop Plavix, Prodaxa, Effient or Xarelto 5 days prior to your procedure. Do not take Coumadin, Warfarin or Eliquis 3 days prior *. **Take your medications for Blood Pressure, Heart, Anxiety, Seizure and Asthma/Lung the morning of your procedure with just enough water to get the medication down, less than 3 ounces.** Bring Inhalers with you. If you are Diabetic, DO NOT take your pills the morning of your procedure. For Insulin, take half of your usual dose the day before, then none on the day of your procedure. **Check your blood sugar the morning of your procedure. If it is high, call our office so we can give individual instructions.** If you are on dialysis, you must be dialyzed the day before your procedure.

***Please contact your prescribing physician before interruption of your medications**

****IF YOU ARE BEING FOLLOWED BY A CARDIOLOGIST, HAVE HAD A RECENT HEART TEST, AND/OR ARE SCHEDULED TO HAVE ONE DONE, PLEASE LET OUR OFFICE KNOW AS ANESTHESIA REQUIRES THIS INFORMATION.**