

Miralax Bowel Preparation

7 DAYS BEFORE EXAM:

Arrange for a ride. You will be given medicine that makes you relaxed and sleepy, so you cannot drive a car. If you arrive without an escort, your procedure may need to be rescheduled.

Stop taking Iron, Vitamin E, Gingko, Ginger, Aspirin, and Garlic at this time. No Ibuprofen, Motrin, or Aleve. You may take Tylenol.

5 DAYS BEFORE EXAM:

Stop taking PLAVIX at this time.

4 DAYS BEFORE EXAM:

Stop taking COUMADIN OR WARFARIN at this time. If you are unsure what to do, contact the office.

2 DAYS BEFORE EXAM:

Stop taking ELIQUIS, XARELTO OR PRADAXA at this time.

Obtain a Bowel Prep Kit from your physician or pharmacy.

IF YOU ARE DIABETIC:

If you are diabetic, you will need to watch your blood sugars closely for the next several days, and may need to adjust how you normally take your medications. Please check with the office about the adjustments that need to be made. In general: If you are taking pills, you will take them normally in the morning the day before the exam, but not in the evening. Do not take your diabetic pills the day of the exam. If you are taking Byetta or Victoza, do not take this at all the day before or the day of the exam. If you take insulin, take your normal dose the morning the day before the exam, but only take one-half of your normal doses in the evening. Only take one-half your normal dose the morning of the exam.

THE DAY BEFORE EXAM:

Drink only *clear liquids* for breakfast, lunch, and dinner. Solid foods, milk, or milk products are not allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, carbonated and noncarbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jello (without added fruit or toppings), and ice Popsicles.

PREP SCHEDULE:

- Breakfast - have only *clear liquids*
- Fill the plastic container containing the laxative powder (Golytely) with water, shake well until the powder is dissolved, and put the container in the refrigerator.
- Lunch - have only *clear liquids*
- STEP ONE: At 12:00 Noon take four (4) Dulcolax tablets with water. Do NOT chew or crush. Do not take the tablets within one hour of taking an antacid
- STEP TWO: At 3:00 PM, mix the 238 gram bottle of Miralax in 64 oz of Gatorade. Shake the solution until the Miralax is dissolved.
- STEP THREE: Drink an 8 oz glass every 10 – 15 minutes until the solution is gone. Make sure you have arranged for someone other than yourself to drive home after the test. Remain close to a toilet, since multiple bowel movements may occur
- Dinner - have only *clear liquids*
- Before morning, drink **at least** three additional 8 fluid oz glasses of clear liquids

DAY OF EXAM:

PREP SCHEDULE:

- Nothing to eat or drink three hours before the test
- Arrive at the hospital one hour before your scheduled test.