

# 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.

If you need to reschedule your colonoscopy please contact our office and the hospital.

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

## 5 DAYS BEFORE EXAM:

**Stop taking PLAVIX at this time.**

## 4 DAYS BEFORE EXAM:

**Stop taking 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, watch your blood sugars closely for the next several days. You may need to adjust how you normally take your medications. Check with the office about the adjustments that need to be made. If you are taking diabetic 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. Do not take Byetta or Victoza 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 one-half of your normal doses in the evening or 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*
- 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. 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. Make a conscious effort to drink as much clear liquids as you can before, during and after the preparation. THIS IS VERY IMPORTANT FOR A GOOD PREP.

## DAY OF EXAM:

### PREP SCHEDULE:

- Nothing to eat or drink two hours before the test
- You may take your prescription medications (except those listed above).
- Arrive at the hospital one hour before your scheduled test.