

MIRALAX INSTRUCTIONS

(follow these instructions – not the Miralax package insert)

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE: Inform the office if:

1. You are diabetic.
2. You are allergic to latex.
3. You take blood thinning products (Coumadin, Plavix, Aggrenox, Brilinta, Pradaxa, Pletal, Ticlid, Trental, Effient, Xarelto, Eliquis).
4. You have a prosthetic heart valve, a history of endocarditis, vascular graft, prosthetic joint replacement within the last 12 months. You may need antibiotic coverage for your procedure.
5. Make sure you have a responsible party to take you home after the procedure. We may cancel the procedure if you do not have a responsible party to take you home.

B. ONE WEEK BEFORE YOUR PROCEDURE:

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless instructed otherwise.
3. Blood work should be done 7-14 days prior to the procedure. A pregnancy test should be done less than 7 days prior. We may need a urine sample on admission from women of child bearing age.
4. Avoid fruits/vegetables/supplements with seeds: e.g. tomatoes, kiwi fruit, caraway, flax, poppy, sesame and corn.

C. THE DAY BEFORE YOUR PROCEDURE:

1. Do not eat solid food. Drink at least 8 glasses of clear liquids. These should not be red or purple. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea (sugar or sweetener is allowed – but NO milk/creamer). It is very important that you stay well hydrated. Call the office if you have problems or questions with the prep.

2. At **3pm** take **4 Dulcolax** tablets (available over the counter)

3. At **5pm**, mix the 8.3 oz. (238 g) bottle of Miralax or 225 g of Polyethylene glycol in 64 oz. of Gatorade or Crystal Light Beverage. Shake the solution until the Miralax has dissolved. Drink **8 oz. every 10-15 minutes** until you have finished the entire solution. Continue clear liquids until bed-time. Remain close to toilet facilities.

D. THE DAY OF YOUR PROCEDURE:

1. Do not eat anything. Do not drink anything in the 6 hours before your procedure. No gum or candy. You may brush your teeth. Take your usual morning medications with a sip of water.
2. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue and nose piercings.
3. Bring your inhalers and glasses case with you.
4. Contact your gastroenterologist's office if you have questions or your physical condition changes (cold, fever, illness).
5. Your responsible party will need to sign your discharge papers. You will receive discharge instructions from the nurse. You may resume your normal diet. You may not drive for the rest of the day/night. You may resume normal activities the next day.