

Bowel Preparation for your Procedure—3 day—MIRALAX/DULCOLAX

You will require a ride home with an adult following your procedure.
You cannot drive yourself as you will still be under the influence of IV sedation.
You can take a taxi as long as you are accompanied by an adult.



Please do not interrupt your daily medication regimen other than the medications stated below.

Diabetic patients: Do not take your diabetic medication on the day of your procedure. If you have any questions, please call your prescribing physician. If you take insulin, call your prescribing physician and ask for instructions regarding your medication.

Patients on blood thinners: You must check with your prescribing physician before stopping your medication. If you are currently taking an ASPIRIN daily, please do not stop. Below is a list of common blood thinners and when to stop taking them.

Ticlid (Ticlopidine)	Stop medication 10 days prior to procedure
Effient (Prasugrel)	Stop medication 7 days prior to procedure
Coumadin (Warfarin), Plavix (Clopidogrel) or Brilinta	Stop medication 5 days prior to procedure
Pradaxa (Dabigatron), Eliquis (apixaban) or Xarelto (Rivaroxaban)	Stop medication 2 days prior to procedure

STOP IRON supplements five days prior to your procedure.

You will need to bring a list of your current medications to the procedure. The list needs to state how much medication you take, how you take the medication and when you take the medication.

Please check with your insurance about precertification, and notify us if it is needed.

One week before your procedure go to the pharmacy and purchase the following:

1. 5 mg tabs of Dulcolax or generic equivalent (Bisacodyl)
2. Two 238 gram bottles of Miralax or generic equivalent Polyethylene Glycol
3. One 64 oz bottle of Gatorade[®], Pedialyte[®] or any clear liquid of your choice.
Any color **EXCEPT for RED, BLUE OR PURPLE**
4. One bottle of Milk of Magnesia (Magnesium Hydroxide)

Four days before your procedure: Take 2 tablespoons (30 cc) of Milk of Magnesia at dinner time.

Three days before your procedure YOU MUST AVOID eating fruits, vegetables, seeds, nuts, and fiber supplements, **at 6 PM** take 4 doses of Miralax (each dose is one capful of Miralax in a full glass of clear liquid). Drink this every 10-15 minutes until you have taken the 4 doses.

Two days before your procedure CONTINUE AVOIDING fruits and vegetables, seeds, nuts and fiber supplements. **As of 3 PM start clear liquids only. At 6 PM** take 4 doses of Miralax (each dose is one capful of Miralax in a full glass of clear liquid). Drink this every 10-15 minutes until you have taken the 4 doses.

The day before your procedure YOU ARE ON CLEAR LIQUIDS THE ENTIRE DAY, which is any liquid that you can see through (NO RED, BLUE or PURPLE). Examples: fizzy or non-fizzy soft drinks, Kool-Aid[®] or other fruit flavored drinks, plain Jell-O[®] (no added fruits/toppings), Popsicle[®], strained fruit juices without pulp, black coffee or tea with no milk or creamer, water, Gatorade[®], clear broth or bouillon. ***It is important to drink lots of fluids the day before your procedure as the preparation is very dehydrating.***

- **At 3 PM** take 10 mg total of Dulcolax.
- **At 6 PM** mix one 238 gram bottle of Miralax in 64 oz of Gatorade[®] and shake until the Miralax is dissolved. Drink 8 oz every 10-15 minutes **until the bottle is half empty** (rapidly drinking a glassful is better than taking many small sips). Some discomfort is to be expected. It will take approximately one hour to drink one-half of the solution.

The day of your procedure – NOTHING to eat or drink after midnight except for finishing the preparation and/or taking medications as ordered.

- **5 hours before your check in time:** Finish the Miralax solution by drinking 8 oz every 10-15 minutes **until the bottle is empty. IF YOU ARE ON BLOOD PRESSURE MEDICATION, YOU MUST TAKE YOUR MEDICATION THE MORNING OF YOUR PROCEDURE, PRIOR TO CHECK-IN.**