

BOWEL PREPARATION FOR YOUR PROCEDURE USING MIRALAX-Dulcolax

INSTRUCTIONS-prior to beginning preparation:

- If you are diabetic and taking pills, do not take them on the day of your appointment, prior to your procedure. If you have any questions, please call our nurse. If you take insulin, call your regular doctor and ask for instructions regarding your medication.
- STOP TAKING THESE MEDICATIONS BEFORE PROCEDURE AS DIRECTED BELOW (You must check with your prescribing doctor before stopping your medication.)
 - **Blood thinner such as TICLID (ticlopidine) 10 days prior to your procedure.**
 - **EFFIENT (prasugrel) 7 days prior to your procedure.**
 - **COUMADIN (warfarin), PLAVIX (clopidogrel), or BRILINTA 5 days prior to your procedure.**
 - **PRADAXA (dabigatran), ELIQUIS (apixaban), XARELTO (rivaroxaban) 2 days prior to your procedure.**
If you take daily ASPIRIN, please do not stop.
- Arrange for a ride home with an adult following your procedure. You may not drive yourself as you will have had IV sedation for the procedure.
- Prepare a list of your medications, and how you take them, and bring with you to the facility.
- At the pharmacy, purchase 4 Dulcolax tablets, one 238 gram bottle of Miralax and a 64 oz bottle of Gatorade®, any color EXCEPT for RED, BLUE OR PURPLE

1. **Four days before your procedure** YOU MUST AVOID raw fruits, vegetables, nuts, and fiber supplements.

2. **The day before your procedure** YOU MUST ONLY HAVE CLEAR LIQUIDS THE ENTIRE DAY, which is any liquid that you can see through that is not 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, coffee or tea with no milk or creamer, water, Gatorade®, clear broth or bouillon. Choose one type or mix and match as many as you like.

It is important to drink lots of fluids the day before your procedure as the preparation is very dehydrating.

- **At 5:00pm** take 4 Dulcolax tablets
- **At 7:00 pm** mix the 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 and diarrhea will continue for about 1 hour after you finish drinking.

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

- **4 hours before your check in time:**

Drink the rest of the Miralax solution until the bottle is empty, following the directions above.

This MUST be at least 4 hours before your check in time or your procedure may be cancelled.