

MiraLAX Patient Preparation for Colonoscopy

* Items needed: Four (4) Dulcolax pills, one (1) 10 ounce bottle of Magnesium Citrate, one (1) 8.3 ounce bottle of *MiraLAX*, and one (1) 64 ounce bottle of Gatorade (G2, Gatorade Ice, or Powerade -- nothing red or purple).

1. Drink ½ bottle Magnesium Citrate **two nights before your** test at 7pm.
2. **In the morning the day before your exam**, place 64-ounce bottle of *Gatorade* in the refrigerator to chill.
3. **The day before your exam**: Eat a liquid breakfast, lunch and dinner. **For example**: Jell-O, popsicles, *Gatorade*, and juice (but nothing red or purple). Any broth is okay, including chicken broth and beef bouillon. To avoid kidney injury and dehydration, **drink plenty of liquids all day**.
4. At 4pm **the day before your test**, take 2 Dulcolax tablets with 8 ounces of clear liquid of your choice.
5. The night before your test at **6pm**, pour an 8.3 ounce bottle of *MiraLAX* into the 64-ounce bottle of *Gatorade* and shake the solution until the *MiraLAX* is completely dissolved. **Drink one 8-ounce glass of the solution every 15 minutes until it is halfway consumed** (approximately 32 ounces). Place the bottle back in the refrigerator for use tomorrow.
6. **At 9pm** the night before your test, take 2 more Dulcolax tablets with 8 ounces of clear liquid of your choice.
7. **The morning of your test**, beginning four hours before you need to leave home, drink one 8-ounce glass of the solution every 15 minutes until it is gone. Drink two 8-ounce glasses of clear liquid of your choice.

Please note: If you cannot drink the entire solution, call our office to reschedule your procedure.

* After midnight the night before your exam, do not drink or eat anything (not even a sip of water) besides the 16 ounces of clear liquid with the *MiraLAX* prep. (To decrease the risk of aspiration.)

Please note: the arrival time we've given you is an approximate time. The facility may call you the day before your procedure with a different arrival time. You will be at the center 2-3 hours.

*Please Note: No ibuprofen, *Aleve*, *BC* or *Goody's Powder*, *Motrin*, calcium, Vitamin E, fish oil, *Omacor*, *Lovaza*, herbal products, *arthritis medications*, *Pletal* or *Trental* one week prior to your procedure.

*You may take your blood pressure medication the morning of the test (at least 2 hours before arrival) with a small sip of water. Remember, do not eat or drink after midnight the night before your exam.

**You will be given medications for sedation and your ride must stay the entire time at the Endoscopy Center. For your safety, you cannot drive or take a taxi home.

****Blood-thinning medications** (such as *Coumadin*, *Ticlid*, *Plavix*, *Clopidogrel*, *Persantine*, *Aggrenox*, *Xarelto*, *Brilinta*, *Eliquis*, and *Lovenox*) may need to be discontinued prior to your procedure. **Please contact your prescribing physician** for instructions well in advance; you may need to be off these drugs **up to 7 days** prior to your procedure. **If you are taking one aspirin a day, please DO NOT STOP ASPIRIN.**

* As there are only a limited number of procedure slots, a \$100 fee will be charged for procedures canceled or rescheduled with less than 3 days notice.