

## **Miralax Instructions**

1. If your procedure will take place in our office please arrive one hour before your scheduled time.

2. *If your procedure is scheduled at **Saint Catherine of Siena** please call (631) 862-3636 between the hours of 12 p.m. and 2 p.m. the day before your procedure to confirm your arrival time.*

- You will need to pick up your Preparation Kit from your local pharmacy a few days before your procedure.
- **Confirm your ride arrangements.** You **must have an adult** over the age of 18 accompany you, even if you take public transportation. Your **procedure will be cancelled** if you have not made arrangements. You **will not be able to drive** the remainder of your procedural day.
- Please bring your **completed medication reconciliation form**. This was given to you the day you scheduled your procedure.
- If you take **Coumadin, Plavix, Lovenox** or any other **anti-coagulant/anti-platelet medication** (blood thinners) you should **stop** your medication **2-7 days** prior to your procedure. You should discuss this with our office two weeks before your procedure. You may **continue** to take your **blood pressure medications** and **aspirin** if prescribed for your **heart condition**.
- If you are a **diabetic** on **insulin or oral medication**, you should have received **special instructions** on what to do the day before and the morning of your procedure. Please **contact the office** if you have any questions.
- If you take **anti-inflammatory** and/or **arthritis** medication, please **discontinue 5 days before** procedure. You may take **Tylenol** for pain.
- We must know if you have an **implanted defibrillator** (AICD), pacemaker or artificial heart valve. If you have not already done so, please contact the office with this information.
- Please bring your **inhaler**.
- Please wear **loose fitting clothes** on the day of your procedure. You may brush your teeth.
- Remove jewelry and leave at home.

**You will need to obtain the following:**

- One 64oz or two 32oz bottles of Gatorade (NO RED COLORS), If you do not like Gatorade or have Diabetes, you may use 64oz of water and mix it with Crystal Light powders (NO RED COLORS).
- Four Dulcolax Tablets (Not Suppository or Stool Softeners)
- 238 gram bottle of Miralax Powder OTC (over-the-counter)

**Please follow these instructions, not instructions in prep kit.**

\*\*The day before the exam, you may only drink “clear liquids.” These include: coffee, tea, ginger ale, cola, sprite, Gatorade, clear broth (chicken or beef), juices without pulp, iced tea, Jell-O, iced pops and Italian ices. **Please do not have any red or purple products. NO SOLID FOODS OR MILK PRODUCTS MAY BE CONSUMED.** No gum or candy allowed. Please drink at least 8 glasses of clear liquids during the course of the day. It is very important to stay hydrated while you are prepping.

**☐ BEGINNING AT 3:00 PM:**

Mix the entire contents of the Miralax bottle (238 grams) with 64oz of Gatorade. You can mix the Miralax and Gatorade in a pitcher or in the Gatorade bottle. Stir/Shake the contents until the Miralax powder is completely dissolved. The mixture can be refrigerated if preferred.

**☐ BEGINNING AT 5:00PM:**

**STEP 1:**

Drink 8oz of the Gatorade/Miralax solution every 15 minutes until you finish.

**STEP 2:**

Take 4 tablets of Dulcolax after finishing the solution

**STEP 3:**

Drink 16oz of a clear liquid of your choice.

**THE DAY OF YOUR PROCEDURE DO NOT EAT ANY FOOD!**

