

MiraLAX® Prep Instructions

Please read all instructions before your scheduled procedure date.

Call our office with any questions / concerns: 985-868-2273.

YOU NEED TO BUY THE FOLLOWING ITEMS:

1. **64 oz of Gatorade®** (Regular Gatorade® – no red or purple). If you do not like Gatorade® OR if you have diabetes, you may use water (64 oz) and mix it with Crystal Light powder (optional, for enhancing flavor, no red or purple). Refrigerate it if you prefer to drink it cold.
2. **Six (6) Dulcolax laxative (5 mg) tablets** (not suppository or stool softener).
3. **MiraLAX® 238 gram powder OTC** (over the counter).



Please notify your physician if you have kidney disease or kidney problems.

MEDICATIONS TO STOP PRIOR TO YOUR PROCEDURE:

- Stop 5-7 days prior – Aspirin, Bufferin, Ecotrin, Aleve, Naprosyn, Motrin, Ibuprofen, fish oil or any other NSAID. Tylenol is permitted.
- Plavix, Coumadin, Pletal, or Aggrenox – check with your cardiologist or PCP on when to stop these medications. Hold usually 3-4 days prior for Coumadin and 5-7 days prior for Plavix.

THE DAY BEFORE YOUR PROCEDURE:

- **Have a light breakfast**
- **Then start on clear liquids.** Clear liquids are those that are free of all residue and pulp. Acceptable clear liquids include, but are not limited to:

CLEAR BROTH	KOOL AID	GATORADE/POWERADE	ICED TEA
POPSICLES	JELLO	FRUIT JUICE (STRAINED/NO PULP)	COFFEE/TEA
WATER	LEMONADE	SOFT DRINKS (DIET OR REGULAR)	GINGER ALE

- You MAY NOT have any solids or soft food after breakfast. Do not eat or drink anything RED or PURPLE. NO DAIRY PRODUCTS.
- **Drink plenty of clear liquids to avoid dehydration.**
- **At 3 pm** (the day prior to your procedure)
 1. Take 3 tablets of Dulcolax laxative pill with water by mouth.
 2. Mix 238 grams of MiraLAX (entire contents of bottle) with 64 oz of Gatorade® or Crystal Light. Stir/Shake until MiraLAX is completely dissolved. Refrigerate it if you prefer.
- **At 5 pm** (the day prior to your procedure)
 1. Begin drinking 8 oz of Gatorade®/MiraLAX® solution every 15 minutes until you finish the ENTIRE SOLUTION. Drink the liquid slowly to prevent nausea or stomach upset.
 2. Take 3 more tablets of Dulcolax after finishing the MiraLAX® solution.

Do not eat or drink anything after midnight the night before your procedure!

Your procedure date is _____.