

Miralax Prep

PLEASE READ THIS AT LEAST ONE WEEK PRIOR TO PROCEDURE IF POSSIBLE

Day before exam:

- NO SOLID FOODS
- CLEAR LIQUIDS ONLY-see attached
- NOTHING TO DRINK AFTER MIDNIGHT (except to take a sip of water with heart/blood pressure medication the morning of procedure)
- 5 DAYS BEFORE PROCEDURE-**NO** Aspirin, Motrin, Advil, Aleve, Plavix, Coumadin, Naprosyn, Ginko, Ibuprofen, Vitamin E, Anaprox, Iron, any blood thinners or other nonsteroidal anti-inflammatory medications.

If you take Coumadin or other prescribed blood thinners, contact our office for instructions unless this was addressed at your office visit.

FOR DIABETICS ONLY:

- Take 1/2 dose of diabetic medication the day before procedure.
- Do NOT take any diabetic medication on the morning of procedure.
- You may continue taking your diabetic meds after you get home from your procedure.

YOU WILL NEED TO PURCHASE

Ducolax laxative tabs (over the counter)

Miralax 238 gram bottle (over the counter)

Fleets enema (optional)

DIRECTIONS FOR PREP:

- Between 12:00-3:00 pm, take 4 Ducolax laxative tablets
- Approximately 2-3 hours after taking Ducolax-mix the entire bottle of Miralax in 60 oz of sugar free beverage and stir until powder is dissolved.

(Examples are: Crystal Light; Flavored water that is sugar free; water; tea that is sugar free.)

- Drink 8 oz of your Miralax liquid every 15 minutes until prep is gone. If you feel nauseated, bloated, stop and wait 30 minutes before resuming.
- Drink plenty of clear liquids throughout the day until bedtime to minimize dehydration.
- It varies from person to person, but you should be passing clear to yellow liquid from your rectum within a few hours after completion of prep.
- If not passing clear to yellow liquid, use a Fleets enema. If you are passing brown stool, particles, or any sediment after using a Fleets enema, then contact the physician on call at 972-943-8440. **If you are unsure of the results, please report to the facility performing the procedure approximately 30 minutes earlier than requested so that the nurse may evaluate and do an enema if needed.**
- For afternoon procedures (after 12 noon) nothing to drink after 8 AM the day of the procedure. (This includes water) You must have a friend or family member drive you home after the procedure due to the IV sedation. (No public transportation permitted) We would prefer that your ride remain in the facility, however a cell phone contact number **MUST** be provided.