

Miralax Prep Instructions

Please note: If you are taking Coumadin, Plavis, Xarelto, or any other type of blood thinner please contact your primary doctor. It is preferred that you be off Coumadin 3 days prior. Do not stop taking your medication unless instructed to do so by your primary care physician.

The Week BEFORE Colonoscopy	<ul style="list-style-type: none"> Purchase the following items; 1 box of Dulcolax laxative tablets (no prescription needed) One 238 gram bottle of Miralax (no prescription needed) One 64 ounce bottle of Gatorade – NOT the color RED or PURPLE(see below)
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The Day BEFORE Colonoscopy	When you wake up	<ul style="list-style-type: none"> Start clear liquid diet Clear liquids include all of the following that are NOT colored RED OR PURPLE: Gatorade Plain jell-o Popsicles Coffee (no Cream) Apple Juice Kool-Aid Soda Pop Clear broth Tea Water Crystal Light Lemonade (no Pulp) Soda <p style="background-color: yellow;">Remember: Do not eat any solid foods the entire day, do not drink orange juice, milk or any milk products.</p> <ul style="list-style-type: none"> Mix the entire bottle of Miralax with the 64 ounces of Gatorade (DO NOT DRINK RED OR PURPLE LIQUID) Make sure the Miralax is completely dissolved. Place in the refrigerator to chill. Drink only clear liquids (no solid foods) from the time you wake up in the morning until midnight.
	4:00 PM	<ul style="list-style-type: none"> Take 2 Dulcolax laxative tablets with 8 ounces of any clear liquid.
	6:00 PM	<ul style="list-style-type: none"> Start drinking the Miralax mixture. Drink one 8 ounce glass every 10-15 minutes
	7:00 PM	<ul style="list-style-type: none"> Take 2 more Dulcolax laxative tablets with 8 ounces of any clear liquid Continue to drink one 8 ounce glass of prep every 10-15 minutes until it is completely gone. If you experience any nausea or vomiting, stop and wait 30 minutes, then start again. After you finish the Miralax, you may continue drinking clear liquid.
	Midnight	Nothing to eat or drink after midnight until after your procedure

The Day of Colonoscopy		You must have a responsible person to drive you home after your procedure. From check in to check out it will take approximately 3-4 hours total. Be aware that the facility WILL NOT let you leave under any circumstances
		Arrive at the surgery center Baylor Scott & White Surgicare Rockwall Center 825 W Yellowjacket Lane Rockwall, Texas 75087

Patient signature

Date