

MiraLax-Gatorade Preparation Instructions

Please review these instructions carefully. Contact our office at 330-296-8239 with any questions.

Purchase the following **SOLD OVER THE COUNTER AT THE PHARMACY:**

- Two Dulcolax tablets (laxative not stool softner)
- One 238 gram bottle of MiraLax
- 64 oz of Gatorade (any flavor that is not red or purple)

On the day before the procedure:

1. Clear liquids only (nothing red or purple)
 - Fruit juice containing no pulp
 - Water
 - Clear broth or bouillon
 - Coffee or tea without milk or creamer
 - Gatorade
 - Carbonated soft drinks
 - Kool-aid
 - Jello containing no fruit
 - Popsicle's
2. At 10:00 am take 2 Dulcolax tablets
3. At 12:00 pm mix the 238 gram bottle of MiraLax in 64 oz Gatorade. Shake the solution until the MiraLax is dissolved. Drink an 8 oz - 10 oz glass every hour until the solution is gone.
4. Continue drinking clear fluids until bedtime

On the day of the procedure:

5. Clear liquids **ONLY** up to 4 hours before arriving for the procedure
6. If you are currently taking medication for heart, blood pressure or seizure, you may take those medications with a small sip of water 4 hours prior to your procedure. All other medications may resume once your testing is complete.

PLEASE TAKE YOUR INSURANCE CARD AND PHOTO ID TO THE HOSPITAL THE DAY OF YOUR PROCEDURE(S).

Medication Information: You should check with your prescribing physician to ensure that these medications can be stopped.

- **STOP** Xarelto 2 days prior
- **STOP** Coumadin 5 days prior
- **STOP** Plavix 7 days prior
- **DO NOT** take diuretic (water pills) the day of the procedure
- **STOP** diabetic medication the night before
- **ALERT** us if you have a mechanical valve so we can advise you on your blood thinner

If you are currently prescribed one of the Glucagon-like peptide-1 (GLP-1) agonist medications such as Dulaglutide (Trulicity), Exenatide (Byetta or Bydureon), Liraglutide (Saxenda), Liraglutide (Victoza), Lixisenatide (Adlyxin), Semaglutide (Ozempic or Wegovy or Rybelsus) or Tirzepatide (Mounjaro). The use of these medications might increase some of the risks of anesthesia such as nausea/vomiting, regurgitation, and aspiration. It is recommended that you stop taking this medication before your procedure to decrease those risks.

* If you take this medication once a week then you should stop taking it for the week before your procedure. **SKIP** the last dose before your procedure.

* If you take this medication every day then you should stop taking it the day before your procedure. **SKIP** the last dose before your procedure.

If you have diabetes, you should talk to your primary care provider (or whoever manages your diabetes medications) to make sure that they don't recommend any other changes to your medications around the time of your procedure. It is important to keep your diabetes controlled and to avoid any hypoglycemia (low blood sugar). Your primary care provider can help with that.

You are currently prescribed one of the Sodium-glucose transport protein 2 (SGLT2) inhibitor medications such as Empagliflozin (Jardiance), Dapagliflozin (Farxiga), Canagliflozin (Invokana), Bexagliflozin (Brenzavvy), Ertugliflozin (Steglatro). These medications help to control diabetes, but they may put at increased risk for a type of diabetic ketoacidosis (DKA) if you are fasting for significant periods of time such as for a procedure. It is recommended that you stop taking this medication before your procedure to decrease your risk.

* You should stop taking this medication for 3 days (4 days for Steglatro) prior to your procedure.

Since this is used to control diabetes, you should talk to your primary care provider (or whoever manages your diabetes medications) to make sure that they don't recommend any other changes to your medications around the time of your procedure. It is important to keep your diabetes controlled and to avoid any hypoglycemia (low blood sugar). Your primary care provider can help with that.