



MIRALAX PREP:

Reminders:

Purchase the following and review bowel prep instructions 1 week prior to procedure:

1. 255 gram bottle of Miralax (prescription)
2. 2 Dulcolax tablets over the counter (store brand is ok)
3. 64 oz. bottle of Gatorade (NO red, blue or purple)

NO NUTS, SEEDS, CORN, AND WHOLE GRAINS 1 WEEK PRIOR TO PROCEDURE.

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One Day Bowel Prep instructions:

A. 24 hours before procedure (eg. If appt is at 9am on Monday, start at 9am on Sunday)

1. Go on Clear Liquid Diet (eg: jello, clear broth, popsicles, tea, strained juices including apple and white grape.)
2. Avoid -Solids, milk or milk products including soy, and red, blue, or purple liquids.

B. Day BEFORE Procedure

1. At **3pm**, mix entire bottle of Miralax with 64 oz of Gatorade and shake until medication is dissolved.
2. Start drinking the solution every 15 to 30 minutes until the entire solution is finished.
3. At **9pm**, **Tak 2 Dulcolax tablets with 8 oz. of water.**

D. Midnight Before Procedure

1. Have nothing to eat or drink until after the procedure.

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****Stop drinking all fluids 6 hours prior to scheduled procedure****

Important Considerations

If you're taking Aleve, Ibuprofen, Motrin, iron supplements, fish oil, Celebrex, Naprosyn or Vitamin E, stop taking them 7 days prior to procedure. You may use Tylenol. If you're taking Coumadin, Aspirin, Ticlid, plavix, Eliquis, Proxal, Xarelto, or Brilinta, Please ask your prescribing doctor for instructions regarding stopping these medications.

If your diabetic (to avoid dangerously low blood sugars) and taking insulin, please inform your physician/prescriber regarding proper adjustment of insulin.

If your taking oral diabetic medications, follow our instructions or the prescriber's instructions

If your unsure about taking any medications, please call our office.

Do not stop blood pressure or heart medications unless told by us or the prescriber.

If your a smoker, it is advised not to smoke at least 6 hours prior to the procedure.

***NOTE: Failure to take the Bowel Preparation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**