


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 PUPRLE: 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.

The Day of Colonoscopy	4 Hours Prior to Procedure	When you wake up you can have liquids until 4 hours prior to your procedure start time.
		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 <p style="text-align: center;">Baylor Scott & White Surgicare Rockwall Center 825 W Yellowjacket Lane Rockwall, Texas 75087</p>

Patient signature

Date