MIRALAX PREPARATION

**Purchase a 238 gram bottle of Miralax from your local pharmacy

Arrange for someone to bring you home after your procedure. You will not be able to drive or take any other transportation alone. You must arrange for someone to be available that day to accompany you home by car, taxi or other public transportation.

5 DAYS BEFORE YOUR PROCEDURE

-If you are taking ANY anticoagulants or anti-platelets such as Coumadin (Warfarin), Xarelto (rivaroxaban), Plavix (Clopidrogel), Effient (prasugrel) or taking any opiates or Suboxone, **PLEASE NOTIFY US IMMEDIATELY**.
-Continue taking aspirin if prescribed
-Do not take iron supplements
-Please avoid foods containing seeds, nuts or corn (including popcorn)-the foods may interfere with the exam

1 DAYBEFORE YOUR PROCEDURE

- Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include water, Gatorade, clear fruit juice (apple or white grape), bouillon broth, Jell-O, popsicles, clear soda (7-up, Sprite, Ginger Ale), black coffee or tea (ok to use sweetener, NO DAIRY PRODUCTS). **NO ARTIFICIAL RED COLOR** (i.e. No red Jell-O, popsicles or Gatorade). **NO SOLID FOODS, MILK OR MILK PRODUCTS.**

-The evening before your procedure at 5:00pm mix the 238gram bottle of Miralax with 64 ounces of Gatorade (NO RED GATORADE). Shake the solution until Miralax has dissolved. Drink an 8oz glass of the mixture every 10-15 minutes until the solution is gone. Continue drinking clear liquids to prevent dehydration.

DAY OF PROCEDURE

-You may continue drinking clear liquids **ONLY** until three hours prior to your procedure.
-You should take any heart or blood pressure medications with a small amount of water.
-If you have insulin or diabetic medication, ask your primary care physician about reducing your dosage prior to your exam in order to avoid hypoglycemia (low blood sugar)

Date_____

Arrival Time_____

Procedure Time_____