

INSTRUCTIONS FOR MIRALAX PREP

- Your procedure is scheduled at **our Endoscopy Center** on _____ at _____
You should expect to be at the endoscopy center for about 2 to 2 1/2 hours.
- Obtain your bowel prep products from your pharmacy:
4 **Dulcolax** Tabs,
Gas-X tablets
64 oz. of **Gator-Ade, Power-Ade** or other clear liquid.
One 10-ounce bottle Magnesium Citrate (avoid cherry flavor)
One 238 gm bottle of **MiraLAX** using the prescription provided
- If your test is scheduled for a morning DO NOT take any of your regular a.m medications (except inhalers and medicines for seizures) on the day of your test. You MAY TAKE your regular a.m medications if your test is scheduled for the afternoon. **Continue to take your inhalers and seizure medications as prescribed by your physician.** Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **You will need specific instructions if you take Coumadin/Warfarin, Pradaxa, Xarelto, Eliquis, Savaysa, Plavix or other anticoagulants. Please let us know if you do take any of these medications.** You may need to be switched to a blood thinning shot. You can continue taking your aspirin.
- **Do not take your diabetic pills** the evening before and the morning of your test. You should only **take half the usual dose** of your **Insulin shot** the day before your test, and none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn(see diet sheet)

TWO DAYS BEFORE YOUR TEST(_____)

- **Between 1pm and 4pm drink one bottle of Magnesium Citrate at once with 3 glasses of clear liquids. You will have a few bowel movements.**

THE DAY BEFORE YOUR TEST(_____)

- On the morning before your test mix the bottle of MiraLAX with 64oz of Gatorade or other clear liquid. Shake the solution until the MiraLAX is completely dissolved. Refrigerate if you prefer to drink cold.
- **STAY ON CLEAR LIQUIDS ALL DAY, and you can continue drinking until two hours before your test.** Drink 8oz every hour. See attached list for clear liquid diet suggestions.
- **At 3:00 pm take 4 Dulcolax tablets** by mouth with clear liquids

- **At 5:00 p.m** start drinking one eight-ounce glass of the MiraLAX mix every **10 to 15 minutes** until the solution is **half gone. Refrigerate the remaining half of the solution. Drink two 8oz glasses of clear liquid between 6pm and 8pm.**
- **Take 2 Gas-X tablet with 8oz of clear liquid at 8pm**

THE DAY OF YOUR TEST()

On the day of your test at _____(5 hours before your test) **Drink the remaining half of the MiraLAX solution 8oz every 10-15minutes.** You may have to wake up early to take this second dose.

Take 2 Gas-X tablet immediately after finishing your prep solution.

- You may continue with a clear liquid diet until 2 hours before your test.
- **EAT NO SOLID FOOD.**
- **DO NOT DRINK OR EAT ANYTHING FOR 2 HOURS BEFORE YOUR TEST.**
- You may apply a petroleum based ointment or diaper rash ointment to the rectal area if you experience discomfort.
- YOU WILL NEED A **RESPONSIBLE ADULT** TO DRIVE YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE. IF YOU DECIDE TO RIDE THE **BUS OR TAXI**, A **RESPONSIBLE ADULT** SHOULD RIDE WITH YOU.
- Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.

PLEASE FOLLOW THE INSTRUCTIONS ABOVE TO ENSURE YOUR COLON IS CLEAN. WE MAY NEED TO REPEAT THE TEST IF YOUR COLON IS NOT CLEAN

PLEASE VISIT THE "PATIENT EDUCATION" SECTION ON OUR WEBSITE www.eastcarolinagastro.com TO LEARN MORE ABOUT YOUR PROCEDURE