

South Suburban Gastroenterology, PC  
Weymouth Endoscopy, LLC  
1085 Main Street, South Weymouth  
TEL: 781-331-2922 FAX: 781-335-5702

## **MIRALAX PREPARATION**

Purchase (4) Dulcolax tablets, 255 grams bottle of Miralax (with prescription) and 64 ounces of Gatorade (not red) or 64 ounces of a clear beverage of your choice (ex: Crystal Light, etc.)

### **One week prior to procedure:**

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox.
- 2- Aspirin should not be held.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure.

### **Five days prior to procedure:**

- 1- Do not consume any nuts, seeds, popcorn, or corn.
- 2- Hold any fiber supplements.

### **Day before the procedure:**

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 3:00 o'clock take 4 Duocolax tablets
- 5- At 5:00 o'clock mix 255 grams of Miralax in 64 ounces of Gatorade/drink of your choice. Shake until well mixed. Drink an 8 ounce glass every 10-15 minutes until half the solution is gone (32 ounces)
- 6- Refrigerate the remainder for the next day

### **Day of exam:**

- 1- 4 hours prior to your exam drink the remainder of the Miralax solution.
- 2- You may drink clear fluids up to 3 hours prior to your exam time.
- 3- No solid foods are permitted.
- 4- You may take any prescription medications.

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**\*You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\***