

Miralax / Gatorade

Please read the following instructions carefully (front & back). Follow these instructions and not the instructions on the box. If you do not complete the preparation as directed it could result in cancellation of your procedure.

ONE WEEK PRIOR TO PROCEDURE:

- Fill prescription for **Miralax**, 255g bottle and dulcolax tablets at pharmacy
- **Gatorade**, 64 oz bottle (no red or purple)
- Avoid seeds, nuts and vegetables for five (5) days prior to your prep
- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the physician who prescribed the medication for instructions on how to stop them.**
- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- The following is not an all inclusive list.
 - ❖ Plavix (clopidogrel bisulfate)
 - ❖ Ticlid (ticlopidine hydrochloride)
 - ❖ Coumadin (warfarin sodium)
 - ❖ Pradaxa (dabigatran)
 - ❖ Xarelto (rivaroxaban)
 - ❖ Eliquis (apixaban)
 - ❖ Persantine (dipyridamole)
 - ❖ Effient (prasugrel)
 - ❖ Arixtra (fondaparinux)
 - ❖ Brilinta (ticagrelor)
 - ❖ Lixiana/Savaysa (edoxaban)
 - ❖ Lovenox (enoxaparin)
 - ❖ Fragmin (dalteparin)
 - ❖ Zontivity (vorapaxar)
 - ❖ Pletal (cilostazol)

ONE DAY BEFORE PROCEDURE:

Eat or Drink only **clear** liquids for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are **not** allowed. Clear liquids (not colored red or purple) include:

- Water
- Pop (diet & regular)
- Clear broth or bouillon
- Sport drinks (Propel, Gatorade)
- Apple juice
- White grape juice
- White cranberry juice
- *Coffee or Tea (without milk or cream)*
- *Kool-aid*
- *Plain Jello*
- *Ice popsicles*
- *Clear hard candy (life savers, jolly ranchers)*

Instructions continued on back →

ONE DAY BEFORE PROCEDURE: CONTINUED

- At **3:00pm** Take **2 Dulcolax tablets (bisacodyl)** provided with kit with a glass of water.
- At **5:00pm** Mix the *entire* **255g bottle of Miralax** with the **64oz bottle of Gatorade**. Shake the solution until the Miralax is dissolved.
Drink an 8oz. glass every 15-20 minutes until the solution is gone.
- At **9:00pm** Take **2 Dulcolax tablets** with an 8oz. glass of water or your last glass of Gatorade/Miralax solution. Drink at least two additional 8oz. glasses of water

It is important that you drink as much fluid as you can throughout the day.

*****NOTHING TO EAT or DRINK AFTER MIDNIGHT*****

DAY OF PROCEDURE:

- If you are diabetic please check your blood sugar before coming in.
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You ***may take*** all your medications with a sip of water ***except:*** blood sugar/diabetic medications.

What to bring with you:

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards

