



UNIVERSITY PHYSICIANS BROOKLYN, INC.

Digestive Disease Center
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MIRALAX PREP INSTRUCTIONS

It is very important to let your doctor or nurse know if you're taking blood thinners such as aspirin, coumadin, plavix etc.

Your Procedure is scheduled on _____ 2009 at _____
You need to arrive **30** minutes before the scheduled procedure time.

YOU WILL NEED TO BUY THE FOLLOWING ITEMS:

- **One 64oz or Two 32 oz bottles of Gatorade Ice** (not punch). If you
- do not like Gatorade OR if you have diabetes, you can use 64oz **water**,
- mix it with crystal light powder (optional for enhancing the flavor).
- Refrigerate if you prefer to drink it cold. **NO RED.**
- **FOUR Dulcolax tablets** (not suppository or stool softener)
- Miralax 238 gram powder OTC (over the counter) near laxative section.

ONE DAY BEFORE THE TEST

- Drink "**CLEAR LIQUID DIET**" (see list)
- **At 1pm** (day before the test), take **2** tablets of dulcolax tablets with water by mouth. Mix 238 grams of Miralax (entire contents of Miralax and Gatorade (or mix it in the Gatorade bottle). Shake the contents until entire contents of Miralax are completely dissolved.
- **At 3:00-4:30pm** (day before the test) drink half 32oz of Gatorade/Miralax.
- **At 9pm** drink the remainder 32oz of the Gatorade/Miralax solution. Drink the liquid slowly to prevent nausea, stomach upset. You may drink it directly or use a straw.
- Afterwards. Take the last **2** of DULCOLAX tablets after finishing the Gatorade/ Miralax solution
- You may continue to drink plenty of clear liquids.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT OR MORNING OF TEST**

DAY OF THE TEST:

- **DO NOT TAKE YOUR MORNING DOSE OF INSULIN TODAY...**bring it with you to take at the facility, after your procedure.
- **TAKE your blood pressure medication and heart medication at _____ with only small sips of water.**

**YOU MUST HAVE AN ADULT ESCORT TO TAKE YOU
HOME AFTERWARDS**