

For Office Use

Loc:

Dx:

IV MAC



Miralax® Preparation Instructions

Anticoagulants (Blood Thinners)

Unless your doctor has advised you otherwise, stop taking any blood thinning medications as follows:

7 days before: Effient

5 days before: Plavix, Brilinta, and Coumadin

2 days before: Pradaxa, Xarelto, Eliquis, Savaysa

Three Days Before The Procedure

Start a LOW FIBER DIET. Avoid leafy vegetables, fruits, seeds, and nuts.

The Day Before The Procedure

1. Do NOT eat any solid food
2. Limit intake to CLEAR liquids
3. Mix 8.3 oz (238 gm) Miralax® with 64 oz Gatorade® or similar sports drink (do NOT use a red flavor) and place in the refrigerator.
4. At noon, take four 5 mg bisacodyl tablets.
5. Starting at 6pm drink 8 oz of the Miralax®/Gatorade® mixture.
6. Drink 8 oz every 15 minutes until the mixture is gone.
7. You are encouraged to drink as much water as you want during the bowel preparation process.

The Day Of The Procedure

1. DO take essential medications, especially blood pressure medications, with a small sip of water 4 hours before your scheduled procedure.
2. Nothing at all by mouth 4 hours before your scheduled procedure.
3. Arrive at the facility no later than ONE hour prior to your scheduled procedure.
4. You MUST arrange transportation home. You cannot drive or take a taxi/public transportation.

Your colonoscopy is scheduled on:

Date: _____

Time: _____

Facility: _____

Questions about your prep?
Call us at (808) 440-6789

Clear liquids include:

1. Water
2. Gelatin (avoid red)
3. Crystal Light®
4. Gatorade®
5. Black coffee or tea, but do not add milk or cream
6. Sprite™
7. Broth

AVOID the following during the prep:

1. Milk
2. Orange Juice
3. Coffee or tea with cream or milk
4. Soup
5. Alcohol
6. Solid food

Other/Misc Instructions:

Tips For Drinking The Prep Solution:

1. If you become nauseated, take a 30 minute break from drinking the prep, then resume once the nausea subsides.
2. Drinking the prep chilled or over ice can help you tolerate it better. Using a drinking straw can be helpful as well.