

South Suburban Gastroenterology, PC
Weymouth Endoscopy, LLC
1085 Main Street, South Weymouth
TEL: 781-331-2922 FAX: 781-335-570

MIRALAX PREPARATION

Purchase (4) Docolax (bisacodyl 5 mg) tablets, 238 grams bottle(OTC), 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- You may stay on your low dose Aspirin.
- 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. We recommend taking ½ dosage one day prior to 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 Docolax (bisacodyl 5 mg) 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.

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.