



PENNSYLVANIA  
GASTROENTEROLOGY

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## MIRALAX PREPARATION INSTRUCTION SHEET

**FIVE DAYS PRIOR TO THE PROCEDURE: do not eat nuts, seeds, corn or popcorn. Avoiding heavy roughage will make bowel preparation easier.**

You will need to purchase the following items:

- **One 64 oz(1/2 gallon) or Two 32 oz( 2 quart) bottles of Gatorade** (no red colors). If you do not like Gatorade OR if you have diabetes, you may use water 64 oz and mix it with crystal light powder (no red color). Refrigerate Gatorade if you prefer to drink it cold.
- **Dulcolax laxative tablets** (not suppository or stool softener and you will need 2 tablets for the prep)
- **Miralax 238 gram (8.3 oz bottle) powder** OTC over the counter (can be found in the laxative section)
- **One bottle of Magnesium Citrate** (clear or green, not red) 10 oz OTC near the laxative section. You will only use this if you don't have clear output with the Miralax preparation.

For your comfort, you may wish to purchase a container of pre-moistened wipes, which may be gentler to use for frequent cleansing.

### **DAY BEFORE PROCEDURE:**

**Diet:** The day before the procedure **you are on a clear liquid diet all day.** No red, orange or purple colored products. Other colors are permitted. Clear liquids include: clear chicken or beef broth/ bouillon, Jell-O, popsicles or Italian ice, Sprite, 7UP, tea with no cream or milk products in it, white cranberry juice or white grape juice, apple juice, ginger ale or Gatorade. Please drink every hour, as much as possible. Drinking will improve bowel preparation results and prevent dehydration.

### **3 p.m. (day before the procedure)**

- Take 2 tablets of Dulcolax laxative pill with water by mouth
- Mix 238 grams (8.3 oz bottle) of Miralax (entire contents of Miralax bottle) with 64 oz (1/2 gallon) of Gatorade. Stir/Shake until entire contents of Miralax are completely dissolved. You may refrigerate this mixture until 5 p.m.

### **5 p.m. (day before the procedure)**

- Drink 8 oz of Gatorade/Miralax solution every 15 minutes till you finish the ENTIRE SOLUTION. Drink the solution slowly to prevent nausea or stomach upset.

If you experience difficulty with the prep, or vomit, please call 717-763-0430 and leave a message on the emergency line for the physician on call. The physician will return your call with further instructions. **DO NOT WAIT TO CALL IN THE MORNING**, as it will be too late to assist you in finishing your preparation. **If your bowels do not move significantly by 10 p.m. please drink the bottle of Magnesium Citrate that you purchased. (You do not need permission from the physician on call.)**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT as you will be receiving anesthesia. THIS INCLUDES: NO GUM, TOBACCO CHEW OR CANDY THE DAY OF YOUR PROCEDURE!**

**AFTERNOON CASES ONLY- YOU MAY HAVE 1 GLASS OF APPLE JUICE OR WATER BY 7 a.m. THE DAY OF YOUR PROCEDURE. Nothing to eat or drink after this.**

**MEDICATION GUIDELINES:**

- If you take any medication for blood pressure, heart, sinus/allergy problems or seizure control please take them at 6a.m. the day of the procedure with a small amount of water. Please do not skip them. Call with any questions.
- If you use any inhalers please use them the morning of procedure and bring them with you to the office (this includes rescue inhalers). If you have been diagnosed with sleep apnea please tell the endoscopy nurse at the time of your assessment.
- If you take any blood thinners such as Plavix, Ticlid, Persantine, Pradaxa, Xarelto, Eliquis, or Aggrenox; please **call your prescribing physician for permission** to stop these medications 3 days prior to your procedure.
- If you take any ARTHRITIS medicine or NSAIDS such as Celebrex, Bextra, Advil, Naprosyn, Ibuprofen, Motrin, Aleve, or Vitamin E, **stop taking these 3 days before the procedure.**
- If you take Coumadin, Jantoven or Warfarin, **please call your prescribing physician for permission** to stop these 5 days prior to the procedure.
- If you take any iron supplements, **stop taking these 10 days before the procedure.**
- If you have questions call the endoscopy nurse at 717-763-0430 option 3 and leave a message. The nurse will get back to you as soon as possible. If calling after hours, leave a message on the emergency line and the physician on call will return your call. This includes prep problems. Do not wait until the morning of your procedure to call.
- The day you are taking your prep, you may have clear liquids that contain some sugar, as you will not be eating that day. The day of your procedure, if you usually monitor your blood sugar, please check it right before you leave the house for your appointment. If you are a diabetic **do not** take Insulin or oral diabetic medicine the day of your procedure.
  
- **Please bring a list of medications, dosage and frequency, and time you take them.**
- **You must have a responsible adult take you home or your procedure may be cancelled. A taxi is not acceptable unless you are accompanied by an adult.**
- **Please plan to be at the facility for approximately 2 hours.**
- **We do not assume responsibility for any personal effects or valuables. We recommend that items of value be left at home or with your designee before entering the center.**

If you need further clarification regarding bowel prep instructions, please feel free to contact an endoscopy nurse at **717-763-0430 option 3**. For additional information, visit our website [www.pagiconsultants.com](http://www.pagiconsultants.com)

NOTICE: IF YOUR COLONOSCOPY HAS BEEN SCHEDULED FOR SCREENING AND YOUR PHYSICIAN FINDS A POLYP OR TISSUE REQUIRING REMOVAL DURING THE PROCEDURE, THIS COLONOSCOPY IS NO LONGER CONSIDERED A SCREENING PROCEDURE. THE INSURANCE COMPANY MAY RECLASSIFY THE COLONOSCOPY AS A THERAPEUTIC PROCEDURE AND YOUR INSURANCE BENEFIT MAY CHANGE. PLEASE CHECK WITH YOUR INSURANCE COMPANY.