

DIGESTIVE AND LIVER DISEASE SPECIALISTS MIRALAX / DULCOLAX PREPARATION

Before beginning the following steps, you will need to purchase your Miralax preparation (238g) and 4 Dulcolax tablets. This may be bought over the counter at the drugstore.

Begin a clear liquid diet on the morning of _____. (See next page for clear liquid diet)

At 5:00 PM – Take 4 Dulcolax tablets followed by 2 – 3 glasses of clear liquids. Next, mix the bottle of Miralax 238g in 64oz of a clear liquid of your choice and begin to drink. Gatorade is recommended. Drink a glass every 15 minutes until you have finished 32 ounces (half of the solution). Place the remainder of the solution in the refrigerator.

5 hours before your procedure, begin drinking a glass of the Miralax solution every 15 minutes until you have completed the solution.

Nothing by mouth 3 hours prior to the exam unless you need to take medications as directed by your physician. These may be taken with a small sip of water.

Stop Coumadin / Warfarin 3 days prior to your procedure. Notify your cardiologist and ask if he wants to replace these medications with Lovenox during this time.

Stop Plavix 7 days prior to your procedure. Notify your cardiologist for approval.

Stop Aggrenox and Ticlid 5 days prior to your procedure. Notify your cardiologist for approval.

Stop Aspirin 5 days prior to your procedure. Notify your cardiologist for approval.

Stop Anti Inflammatory medications (ex. Naprosyn, Motrin) 5 days prior to your procedure.

Stop Iron 7 days prior to your procedure.

Celebrex and Tylenol are allowed.

Adjust your diabetic medications per office protocol.

You may take your heart and blood pressure medicine the morning of the procedure.

Check with your physician if you have any questions about medications to be taken to prior to the procedure.

DUE TO SEDATION, YOU MUST HAVE SOMEONE DRIVE YOU HOME.