

## Miralax Prep Instructions

Please note: If you are taking Coumadin, Plavis, Xarelto, or any other type of blood thinner please contact your primary doctor. It is preferred that you be off Coumadin 3 days prior. Do not stop taking your medication unless instructed to do so by your primary care physician.

<b>The Week BEFORE Colonoscopy</b>	<ul style="list-style-type: none"> <li><b>Purchase the following items;</b>                      1 box of Dulcolax laxative tablets (no prescription needed)                      One 238 gram bottle of Miralax (no prescription needed)                      One 64 ounce bottle of Gatorade – <b>NOT</b> the color RED or PURPLE(see below)</li> </ul>
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<b>The Day BEFORE Colonoscopy</b>	<b>When you wake up</b>	<ul style="list-style-type: none"> <li><b>Start clear liquid diet</b>                      Clear liquids include all of the following that are NOT colored RED OR PURPLE:                      Gatorade      Plain jell-o      Popsicles      Coffee (no Cream)                      Apple Juice      Kool-Aid      Soda Pop      Clear broth                      Tea      Water      Crystal Light      Lemonade (no Pulp)                      Soda</li> </ul> <p style="background-color: yellow;"><b>Remember: Do not eat any solid foods the entire day, do not drink orange juice, milk or any milk products.</b></p> <ul style="list-style-type: none"> <li>Mix the entire bottle of Miralax with the 64 ounces of Gatorade (<b>DO NOT DRINK RED OR PURPLE LIQUID</b>) Make sure the Miralax is completely dissolved.</li> <li>Place in the refrigerator to chill.</li> <li>Drink only clear liquids (no solid foods) from the time you wake up in the morning until midnight.</li> </ul>
	<b>4:00 PM</b>	<ul style="list-style-type: none"> <li>Take 2 Dulcolax laxative tablets with 8 ounces of any clear liquid.</li> </ul>
	<b>6:00 PM</b>	<ul style="list-style-type: none"> <li>Start drinking the Miralax mixture.</li> <li>Drink one 8 ounce glass every 10-15 minutes</li> </ul>
	<b>7:00 PM</b>	<ul style="list-style-type: none"> <li>Take 2 more Dulcolax laxative tablets with 8 ounces of any clear liquid</li> <li>Continue to drink one 8 ounce glass of prep every 10-15 minutes until it is completely gone.</li> <li>If you experience any nausea or vomiting, stop and wait 30 minutes, then start again.</li> <li>After you finish the Miralax, you may continue drinking clear liquid.</li> </ul>
	<b>Midnight</b>	<b>Nothing to eat or drink after midnight until after your procedure</b>

<b>The Day of Colonoscopy</b>		You must have a responsible person to drive you home after your procedure. From check in to check out it will take approximately 3-4 hours total. Be aware that the facility WILL NOT let you leave under any circumstances
		<b>Arrive at the surgery center</b>  <b>Baylor Scott &amp; White Surgicare Rockwall Center</b>  <b>825 W Yellowjacket Lane</b>  <b>Rockwall, Texas 75087</b>

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Patient signature

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Date