

TEXAS★ENDOSCOPY

6405 W. Parker Rd, Suite 370 • Plano, Texas 75093 • 972-473-9900
8080 Independence Parkway, Suite 160 • Plano, TX 75025 • 972-908-3000

Miralax Preparation Instructions for Colonoscopy

*You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation. Otherwise, your procedure will be cancelled.

7 Days Prior to Procedure:

- ❑ If you are taking **Plavix, Coumadin (Warfarin), Lovenox, Eliquis, Brilinta** or any other prescribed blood thinner, it's very important that you notify the nurse for instructions as when to STOP this medication before your procedure. **If you are taking 325mg Aspirin**, switch to 81mg Aspirin daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin, do not stop prior to procedure.
- ❑ Avoid eating nuts and seeds i.e. popcorn, strawberries, etc.
- ❑ Purchase Miralax (one-238 gram bottle) and Dulcolax Laxative tablets. Both items can be bought over the counter at any pharmacy or retailer.

2 Days Prior to Procedure:

- ❑ Do not eat solid foods after midnight. For example: if your test is on Tuesday, do not eat solid food after midnight on Sunday.

The Day Prior to Procedure:

- ❑ You must be on a clear liquid diet ALL DAY. No solid foods!
*Clear liquids include: water, tea, coffee (no milk/creamer), sodas, chicken or beef broth, fruit juice without pulp, sports drinks, crystal light, slushes, popsicles, and jello. NO red, purple, or milk products!
- ❑ If you are a diabetic and take medications, take ½ of your regular dose of medication.
- ❑ After your morning liquid breakfast, take 2 Dulcolax tablets.
- ❑ At 6:00 p.m., mix entire 238 gram bottle of Miralax into 64 oz. of water or crystal light lemonade. Drink 32 ounces of mixture within 1-2 hours.
IF you don't have any bowel movements or are not passing clear liquid from the rectum by 9 pm drink one bottle of magnesium citrate (300mL clear).
IF you're still not passing clear liquid by 10 pm, drink another bottle of magnesium citrate (300mL clear).
IF you have not had any bowel movements by 10:30 pm call your doctor's office to contact on call doctor for further instructions.

The Day of Procedure:

- ❑ **5 Hours Prior to Procedure:** Drink the remaining 32 ounces of mixture within 1 hour.
- ❑ Please take blood pressure, heart, seizure, and thyroid medications with a sip of water 4 hours prior to your procedure.
- ❑ **NOTHING** by mouth 4 hours before your procedure time!