



## Split Miralax Preparation Directions

### Two Weeks Before the Procedure:

- If you take **Coumadin (warfarin)**, **Pradaxa (dabigatran)**, **Xarelto (rivaroxaban)**, **Eliquis (apixaban)**, **Lovenox (fondaparinux)** **Plavix (clopidogrel)**, **Brilinta (ticagrelor)** and **Effient (prasugrel)**, or any other blood thinning medications please discuss with the doctor who prescribed it. If your Coumadin is managed by the Coumadin Clinic contact them at 781-952-1219.
- If you have kidney issues, please contact the Gastroenterologist's office at 781-848-6040. You may need an alternative to this preparation.
- If you are a diabetic, please talk to your doctor about how to take medications to prevent low blood sugar.

### 1 Week before the Procedure, Purchase at the Pharmacy

- 6 Dulcolax (generic: bisacodyl) tablets
- **238 gram** bottle of Miralax (generic: polyethylene glycol, also called PEG)
- **64 oz.** of a *clear* liquid beverage (Gatorade and Crystal Light) of any color **except red.**

### 5 Days before the Procedure

- Stop eating raw vegetables, seeds, corn, nuts, popcorn, and thick skinned fruits and vegetables (tomatoes, celery, and strawberries etc.) Stop fiber supplements from now until your procedure.
- If you do not regularly have a daily bowel movement, you need to purchase additional **MiraLax** and take 17 grams once daily for the five days prior to the procedure.

### 3 Days before the Procedure

- Stop all iron supplements and vitamins containing iron.

### The Day before the Procedure

#### **O DO NOT EAT FOOD. DRINK CLEAR LIQUIDS ONLY.**

- Consume a **clear liquid diet** only (clear soup broth, tea, clear carbonated beverages, apple juice, jello, lemonade, popsicles, and ices).
  - **Do not consume any red or purple jello, or red or purple clear liquids.**
  - Do not consume alcohol.
- Between 2:00-4:00 p.m., take 2 Dulcolax (bisacodyl) tablets.
- At 6:00 p.m. mix the 238 gram bottle of Miralax (PEG) in 64 oz. of your clear beverage and shake the solution until the Miralax is dissolved.
- Drink 8 oz. glasses of the Miralax (PEG) mixture every 10-15 minutes until **half** (32 oz) of the solution is gone. Finish by 7:30 p.m and refrigerate the other half of the solution.
- At 8 p.m. take 2 more tablets of Dulcolax (bisacodyl) with an 8 oz glass of a clear liquid.
- Continue to drink liquids during the evening until bedtime. The more you drink the better.

### **The Day of the Procedure**

- **At least 5 HOURS before leaving for your procedure** take 2 additional Dulcolax (bisacodyl) tablets and then immediately drink the remaining 32 ounces of your Miralax solution.
- **DO NOT EAT FOOD.** You may continue drinking clear liquids but **MUST STOP 4 HOURS BEFORE THE PROCEDURE.**
- You may take your regular medications unless otherwise instructed by your doctor, with sips of water. Other than this, have **NOTHING AT ALL BY MOUTH BEFORE THE PROCEDURE** or the procedure will need to be **CANCELLED.**
- **In order for your procedure to be performed,** you must arrange for an adult to drive you home or accompany you by taxi. **Your ride must be flexible, as procedures can run longer than expected.** You cannot be discharged from the Center until your ride arrives to accompany home.
- If you are diabetic and monitor your sugar at home, please check your blood glucose prior to arrival.
- Arrival times:
  - If at **South Shore Endoscopy**, arrive 30 minutes prior to your procedure time. The Endoscopy Center does not open until 7am.
  - If at **South Shore Hospital**, arrive 1 hour prior to your procedure time (except if your appointment is at 7:30 AM. In that case, arrive at 7 AM)