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**
- **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)