

MIRALAX/DULCOLAX PREP 1 INSTRUCTIONS (at Upper Chesapeake Hospital)

Patient Name: _____ **DOB:** _____

7 Days Prior to Exam: Stop Taking Iron Supplements. Purchase two 32 oz bottles of Gatorade, Dulcolax laxative tablets (you will need 4 tablets for this prep), and Miralax 238 grams (8.3 oz) powder or generic polyethylene glycol 3350.

Blood Thinning Medication Instructions: Before stopping the following medications, please discuss with your prescribing provider:

- 7 Days Prior to Exam: Stop taking the following: *Brillinta (ticagrelor) ~ Effient (prasugrel).*
- 5 Days Prior to Exam: Stop taking the following: *Coumadin (warfarin) ~ Plavix (clopidogrel) Aspirin 325mg.*
- 2 Days Prior to Exam: Stop taking the following: *Pradaxa (dabigatran etexilate) ~ Eliquis (apixaban) ~ Xarelto (rivaroxaban).*
- Aspirin 81mg DOES NOT have to be discontinued.

1 Day Prior to Exam: _____.

- **DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY for breakfast, lunch and dinner. No Solid Foods.**
- Drink 8 ounces of a clear liquid each hour to prevent dehydration.

Things you may NOT have: *Items That Are Red or Purple ~ Solid Foods ~ Juices with pulp ~ Alcoholic Beverages ~ Milk/Milk Products.*

Things you may have: *Apple Juice ~ White Grape Juice ~ Lemonade ~ Clear Broth ~ Bullion ~ Jell-O ~ Coffee ~ Tea ~ Clear Soda ~ Popsicles ~ Italian Ice ~ Gatorade ~ Kool Aid.*

MIX the MIRALAX - Mix ½ of the Miralax with the 32 oz of Gatorade and the other ½ of the Miralax with the second 32 oz of Gatorade. Stir / shake contents until the entire contents of Miralax are completely dissolved. Chill if desired.

If you are diabetic: Take ½ of your usual dosage of injectable insulin. Take oral medication as prescribed.

Start the 1st dose of MIRALAX/DULCOLAX PREP at 6:00 pm.

1. Take 2 Dulcolax laxative tablets with water by mouth. Then drink the first bottle of the Gatorade/Miralax. Drink 8 ounces every 15 minutes. A straw may help.
2. Remain close to the restroom. Note: If you experience nausea – slow down your prep intake and walk around until the nausea is relieved.
3. Continue drinking clear liquids of your choice

Day of Exam: _____.

Start the 2nd dose of MIRALAX/DULCOLAX PREP at 4:00 am.

1. Take 2 Dulcolax laxative tablets with water by mouth. Then the second bottle of Miralax / Gatorade. Again, drink 8 ounces every 15 minutes.
2. Please continue the **CLEAR LIQUID DIET** as described above.
3. If you have problems following this prep or if your bowel movement is not clear or light yellow, please call our office at (443) 643-4700.
4. You can take Heart, Blood Pressure, Seizure medications, and Inhalers. Please take these medications with a small amount of water at least 1 hour prior to your arrival time.
5. **ABSOLUTELY NOTHING BY MOUTH**, including gum, candy, mints, or tobacco products after _____ am/pm.

Arrive at _____ am/pm.

Please go to: **Upper Chesapeake Ambulatory Care Center**
520 Upper Chesapeake Drive
Bel Air, MD 21014 • 443.643.4700

Please bring your Insurance Card (s) and Photo ID on the day of your procedure.

You MUST be accompanied by a responsible ADULT that will stay and transport you home from the facility. If your companion is not on site, your procedure will be cancelled. A cab, Uber service or any other public transportation is NOT acceptable.

Please do not wear jewelry or bring valuables to the Center on the day of your procedure.

If you must cancel this appointment, please give a 72-hour notice.