

# HARFORD ENDOSCOPY CENTER- MIRALAX/DULCOLAX PREP INSTRUCTIONS

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 1<sup>st</sup> 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 2<sup>nd</sup> dose of MIRALAX/DULCOLAX PREP at 4:00 am.**

1. Take 2 Dulcolax laxative tablets with water by mouth. Then drink 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 (410) 838-6345.
4. You can take Heart, Blood Pressure, Seizure medications, and Inhalers. Please take these medications with a small amount of water at least 2 hours 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:**

**Harford Endoscopy Center**  
2214 Old Emmorton Road, Suite 100, Bel Air, MD 21015  
410.838.6345 • www.harfordendoscopy.com

**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.