



Miralax Prep Instructions

Name: _____

Date: _____

Doctor: _____

Time: _____

***Failure to comply with these instructions may result in a cancellation of your procedure.**

****You will need to purchase one (1) box of Dulcolax Laxative tablets (8 counts) and one (1) MiraLAX (238 grams/8.4oz) bottle. The products can be purchased at any Walmart or drugstore.**



Instructions for Prep

- If you take any NSAIDs (ex., Ibuprofen, Aleve, Naproxen) or blood thinners such as Coumadin, Plavix, Pradaxa, Xarelto, Cilostazol, Aggrenox, Eliquis, ask your physician for additional instructions for possibly stopping medications before the colonoscopy procedure.
- **Two days before the procedure:** No fiber, No raw fruits or vegetables, No salads, or nuts.
- **Day before the procedure:**
 1. Clear liquids only. NO solid foods. NO milk or milk products. NO red or purple liquids. NO vegetable juice or juice with pulp.
 - **Examples of clear liquids-** Water, Gatorade, Powerade, Apple juice, White grape juice, Tea, Soft drinks, Jell-O, popsicles, black coffee (may add sugar or sweetener), bouillon cubes dissolved in water, Lemonade, and Crystal light.
 2. You will begin the prep at 11:00 am by taking four (4) Dulcolax Laxative tablets with 8 ounces of clear liquids. Drink plenty of clear fluids throughout the day.
 3. Two hours after taking the Dulcolax tablets, mix the MiraLAX bottle with 64 ounces of Gatorade/water or clear of your choice. When the mixture is dissolved, start drinking the mixture in an 8-ounce glass every 20-30 minutes until the solution is all gone. If you begin to feel nauseated, please slow down. It is important to hold down the liquid.
 4. If possible, continue the prep of MiraLAX by taking 16-24 ounces of clear liquids to stay hydrated.
 5. Nothing to eat or drink after midnight.

Day of procedure

1. **You will be sedated for the test and MUST have someone drive you home. If no one accompanies you as your driver, the procedure cannot be performed and will be rescheduled. Your driver must remain on the premises during your procedure. Public transportation (taxi, bus, uber driver, etc.) cannot be used.**
 2. If you take blood pressure, thyroid, seizure, or diabetic medication, please take it with only a small sip of water the morning of your procedure.
 3. You are not permitted to drive, drink alcohol, operate machinery, or sign any legal documents the entire day of your test due to the sedation you will receive.
 4. Do **NOT** use smokeless tobacco, chew gum, or any mints/candy the morning of your procedure.
 5. Do **NOT** wear any jewelry or bring any valuables.
 6. Wear comfortable clothes. Colon preparation can affect everyone differently, so you may want to bring an extra set of clothes and a towel with you in case of any accidents, especially if you are traveling a long distance.
 7. You are not permitted to drive, drink alcohol, operate machinery, or sign any legal documents the entire day of your test due to the sedation you will receive.
 8. Plan to be at the facility for about 2-3 hours, depending on the preparation, procedure, and recovery time. Plan on taking the entire day off work, school, etc.
 9. Please provide 72-hour notice if you wish to cancel or reschedule your procedure to avoid a cancellation fee.
- If you have questions about your procedure instructions, don't hesitate to contact your physician's nurse by calling the number below.

Dr. Angtuaco- 501-406-9291

Dr. Hughes- 501-406-9311

Dr. McElreath- 501-406-9331

Dr. Coppola- 501-406-9301

Dr. S. Jones- 501-406-9321

Dr. Patel- 501-406-9341

Dr. Coggins- 501-406-9337

Dr. J. Jones- 501-406-9302

Dr. Svoboda- 501-406-9351