

# MIRALAX/GATORADE 2 DAY PREP

## GENERAL INFORMATION

- Discontinue Iron containing medications 2 DAYS before procedure.
- **IMPORTANT INFORMATION ABOUT BLOOD THINNERS:** If you are on any of the following drugs you must have permission to stop the drug from the physician who prescribed the drugs. If you have not been given permission to stop the drug, contact our office immediately at 205.271.8000.
  - Coumadin (Warfarin/Jantoven)- 5 days prior
  - Aggrenox (Aspirin-Dipyridamole) 5-7 days prior
  - Brilanta (Ticagrelor)- 5 days prior
  - Xarelto (Rivaroxaban)- 24 hours prior
  - Lovenox (Enoxaparin)-24 hours prior
  - Bevyxxa (Betrixaban)-48 hours prior
  - Ticlid (Ticlopidine)-7 days prior
  - Plavix (Clopidogrel)- 7 days prior
  - Effient (Prasugrel)- 7 days prior
  - Pradaxa (Dabigatran)- 24 hours prior
  - Eliquis (Apixaban)-48 hours prior
  - Pletal (Cilostazol)- 48 hours prior
  - Savaysa (Edoxaban)-48 hours prior
  - Zontivity (Vorapaxar)-5-7 days prior
- **Do not** stop aspirin. **Do not** stop non-steroidal anti-inflammatories such as Aleve, Motrin, Mobic, Celebrex, Advil, etc.
- Notify the office if you are being treated with insulin or oral agents for diabetes mellitus. Any other medicines should be taken the morning of the procedure with a small sip of water.
- Tylenol (and other brands of Acetaminophen) is safe to consume before the procedure.
- Notify the office if you have a defibrillator.
- You cannot drive, use a taxi, or a bus after the procedure. You must be accompanied by and driven by a responsible adult. **Your driver must remain at the facility during your procedure.** You should not plan to work on the day of the procedure.
- Please remove all metal including all pierced jewelry, any rings, or necklaces.
- **Do not chew gum or have any mints after midnight.**

## CLEAR LIQUID DIET (Day Before)

- **Does Not** include: milk or milk products, solid foods, creamed soups or crackers
- **DOES** include: beef or chicken broth or bouillon (fat-free), coffee or tea (no cream), Popsicles (no red, orange, or purple), carbonated drinks (Coke, Sprite, etc.), fruit drinks (no pulp, no red, orange, or purple), jello, Gatorade (no red, orange, or purple)
- **NPO (Nothing by mouth after midnight) including chewing gum and mints. (except for prep)**

**MEDICATION ON DAY OF PROCEDURE:** Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure

**PURCHASE AT PHARMACY:**

- 8 Dulcolax Laxative tablets (over the counter)
- Miralax for a total of 357 grams (over the counter),
- 96 oz. bottle of Gatorade (no red, orange, or purple).  
(Diabetics can use G2 or Crystal Lite)

**TWO (2) DAYS BEFORE THE PROCEDURE:**

You will need:

- 4 Dulcolax Laxative tablets (over-the-counter)
- 119 grams of Miralax (over-the-counter)
- 32 oz. bottle of Gatorade (no red or orange or purple)

1. Clear liquid diet (all day as soon as you wake up)
2. Mix 119 grams of Miralax in 32 oz. of Gatorade (hint: you may cool drink before you mix these, turn into slush)
3. 3:00 pm- take 2 Dulcolax Laxative tablets (with 8 oz. of fluid)
4. 5:00 pm- Drink 119 grams Miralax Gatorade mix (32 oz.)  
(Drink 8 oz. every 15 mins. until gone)
5. 8:00 pm- take 2 Dulcolax Laxative tablets (with 8 oz. of fluid)
6. Continue clear liquids

**ONE (1) DAY BEFORE THE PROCEDURE:**

You will need:

- 4 Dulcolax Laxative tablets (over-the-counter)
- Miralax for a total of 238 grams (over-the-counter)
- 64 oz. bottle of Gatorade (no red or orange or purple)

1. Clear liquid diet (all day)
2. Mix 238 grams of Miralax in 64 oz. of Gatorade
3. 3:00 pm- take 2 Dulcolax Laxative tablets (with 8 oz. of fluid)
4. 5:00 pm- Drink 1/2 Miralax Gatorade mix (32 oz.)  
(Drink 8 oz. every 15 mins. until gone)
5. 8:00 pm- take 2 Dulcolax Laxative tablets (with 8 oz. of fluid)

**THE DAY OF YOUR PROCEDURE:**

**NO GUM, MINTS, OR TOBACCO AFTER MIDNIGHT**

1. Start the last 1/2 (32 oz.) of your Miralax/Gatorade mix
  - Needs to be started 5 hrs. prior to procedure and finished 4 hrs. prior to procedure
  - Drink 8-10 oz. every 30 mins. until gone
2. NPO - nothing to eat or drink after second half of prep is complete.
3. Take AM medications with sufficient amount of liquid (1 oz.). Postpone all diabetic medications until after procedure.

Please contact our office at 205-271-8000 if you have any questions.