

# Miralax/Gatorade 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.

-Coumadin (Warfarin)- 7 days prior  
-Aggrenox- 4 days prior  
-Brilanta (Ticagrelor)- 5 days prior  
-Xarelto (Rivaroxaban)- 24 hours prior

-Plavix (Clopidogrel)- 5 days prior  
-Effient (Prasugrel)- 7 days prior  
-Pradaxa (Dabigatran)- 24 hours prior  
-Eliquis (Apixaban)-48 hours prior

If you have not been given permission to stop the drug contact our office immediately at 205.271.8000.

- 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.

## 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)

## DISCONTINUE LIQUID DIET AT LEAST 3-4 HOURS BEFORE PROCEDURE

**MEDICATION ON DAY OF PROCEDURE:** Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure. On the day of procedure, bring a list of all medications.

**Purchase at Pharmacy:**

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

**One (1) Day Before Procedure:**

1. Clear liquid diet only (ALL DAY)
2. 3:00 pm- 4 Dulcolax tablets
3. 5:00 pm- Mix all 238 grams of Miralax in 64 oz. of Gatorade and shake until dissolved. Drink 8 oz. every 15 minutes until complete.
4. Continue clear liquids until bedtime.

**Day of Procedure:**

1. No solid food until after the procedure.
2. NPO (nothing by mouth after midnight)  
Or  
Clear liquid diet until 3-4 hours before test
3. Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure.