

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

Purchase at Pharmacy:

- 4 Dulcolax Laxative tablets (over-the-counter)
- Miralax -238 grams (over-the-counter)
- 64 oz. bottle of Gatorade (no red or orange or purple); you may use G2 if you are diabetic

One (1) Day Before Procedure:

1. **Clear liquid diet only (ALL DAY AS SOON AS YOU WAKE UP)**
2. 3:00 pm- 4 Dulcolax Laxative tablets (over-the-counter)
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. (HINT: you may mix the Miralax and Gatorade in the morning and put in the refrigerator if you prefer your drink to be cold. Do not mix it earlier than the day of your procedure.)
4. Continue clear liquids until bedtime.

Day of Procedure:

1. No solid food until after the procedure.
2. No gum, mints, or tobacco after midnight.
3. NPO (nothing by mouth after midnight-solid food or drink)
4. Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure.

Please contact our office at 201-271-8000 if you have any questions.