

# MIRALAX/GATORADE SPLIT DOSE PREPARATION

## 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

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)

**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 Laxative tablets (over the counter)
- Miralax for a total of 238 grams (over the counter),
- 64 oz. bottle of Gatorade (no red, orange, or purple).  
(Diabetics can use G2 or Crystal Lite)

**DAY BEFORE THE PROCEDURE:**

1. Clear liquid diet (all day as soon as you wake up)
2. Mix 238 grams of Miralax in 64 oz. of Gatorade
3. 3:00 pm- 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 min. until gone)
5. 8:00 pm- 2 Dulcolax Laxative tablets (with 8 oz. of fluid)

**THE DAY OF YOUR PROCEDURE:**

1. Start the last 1/2 (32 oz.) of your Miralax/Gatorade mix 5 hrs. prior to procedure. You must finish 4 hrs. prior to procedure. (Drink 8 oz. every 15 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. Postpone all diabetic medications until after procedure.

Please contact our office at 205.271.8000 if you have any questions.