

MiraLAX Split Dose Instructions

Two Weeks before your exam

If you are taking Warfarin (Coumadin, Jantoven), Plavix (clopidigrel) Aspirin, Xarelto, Brilinta, Pradaxa, Eliquis, Effient, Lovenox or other blood thinners, consult with your prescribing physician to discuss the management of these medications at least 2 weeks before your colonoscopy. **DO NOT STOP** these medications without the consent of your physician.

Five to Seven days before your exam

Stop taking non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Advil, Motrin, and Aleve) 5-7 days prior to your exam.

Three Days before your exam

- Fill your prescription for MiraLAX

PLEASE FOLLOW THESE PREP INSTRUCTIONS. DO NOT FOLLOW PACKAGE INSTRUCTIONS.

Two Days before your exam

Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight

One Day before your exam

No solid food for the entire day.

Clear Liquids only – breakfast, lunch and dinner. Drink at least 8 glasses of water to avoid dehydration.

Allowed Clear liquids	Non-Clear liquids NOT ALLOWED
Gatorade, Pedialyte or PowerAde	Red or purple items of any kind
Coffee, tea (no milk or non-dairy creamer)	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid or other fruit flavored drinks	Juice with pulp
Apple juice, white cranberry or white grape juice	Hard candy, gum
Jell-O, popsicles	Any liquid you cannot see through
Strained chicken, beef or vegetable broth	

At 4:00pm, take _____ Dulcolax laxative pills with water

At 5:00pm, drink the first half of the Gatorade (OR OTHER CLEAR LIQUID OF CHOICE) / MiraLAX solution. Drink one (1) 8 oz. glass every 15 minutes. You may drink it directly through a straw. Continue drinking clear liquids throughout the evening.

Morning of your exam

Six hours before your exam, Take the second half of the Gatorade / MiraLAX solution. Drink one (1) 8 oz. glass every 15 minutes to make sure you finish within 4 hours prior to your scheduled procedure time.

Four hours before the exam, stop drinking all clear liquids.

- **DAILY MEDICATIONS**

If you take medication for high blood pressure, seizures, asthma, thyroid disease, irregular heart beat or prednisone, you **must take your medications BEFORE 5 am.**

NOTHING BY MOUTH FOUR HOURS PRIOR TO YOUR PROCEDURE. No gum, candy or mints. Refrain from smoking the day of your exam.

Verbal instructions and copy given to patient:

Date: _____ Name: _____