

# DDA | DIGESTIVE DISEASE ASSOCIATES

## Miralax Prep Instructions

**What to purchase:** (1) 8.3 oz bottle of Miralax (238 grams), (1) small box of laxative pills (e.g. Dulcolax, Senna, or Bisacodyl) and 64 oz of a yellow, clear, or orange electrolyte drink (e.g. Gatorade, vitamin water)

### If your arrival time is **BEFORE 11:45am:**

#### 1 Day prior to your procedure

1. See the list of diet instructions on your Colonoscopy Prep Instructions titled “Day before your procedure”.
2. Prepare your Miralax bowel prep in the morning. Pour all 238 grams of Miralax powder into an empty container. Put in 64 oz of a room temperature clear liquid (ex. Gatorade, Smart Water, Vitamin water). Mix the solution until the powder is dissolved- then refrigerate the mixture. (Do not mix earlier than the morning of the day before your procedure) Drink this solution according to the following schedule.
3. **1:00pm:** Drink one 8 oz. glass every 15 min until you finish 3 glasses (total 24 oz). Take 1 laxative pill.
4. **5:00pm:** Drink one 8 oz. glass every 15 min until you finish 3 glasses (total 24 oz). Take 2 laxative pills.
5. **11:00pm** Drink one 8 oz glass every 15 minutes until solution is complete. Take 2 laxative pills.

#### **NOTHING BY MOUTH AFTER THE LAST DOSE IS COMPLETE. NOT EVEN WATER!**

If you take blood pressure, heart, seizure or anxiety medications in the morning normally, take them at least 4 hours prior to arrival with just a sip of water. All other meds can be held until after your test.

### If your arrival time is **AFTER 11:45am:**

1. Repeat Steps #1-4 above.
2. **5:00am:** Drink one 8 oz glass every 15 minutes until solution is complete. Take 2 laxative pills.

#### **NOTHING BY MOUTH AFTER THE LAST DOSE IS COMPLETE. NOT EVEN WATER!**

**You should have completed all Miralax prep at least four hours prior to your arrival time.**

If you take blood pressure, heart, seizure or anxiety medications in the morning normally, take them at least 4 hours prior to arrival with just a sip of water. All other meds can be held until after your test.

You will receive a message 2-5 days before your procedure titled “Procedure Reminder” in the message section of the MyChart application.

Read the entire message. This will provide you with your arrival time. If you do not have MyChart you will be called. For any questions please call 203-481-0315 and leave a message. We will return your call.