

DDA | DIGESTIVE DISEASE ASSOCIATES

Miralax Prep Instructions

Date of Procedure _____

If your arrival time is **BEFORE 11:45am** please follow these instructions

1 Day prior to your procedure -

1. **NO SOLID FOOD OR DAIRY!** CLEAR LIQUIDS ONLY ENTIRE DAY
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)
3. **1:00PM-** Drink one 10 oz bottle of Citrate of Magnesia.
4. **5:00pm-** Take 2 laxative pills (bisacodyl or Dulcolax) with a glass of water.
5. At the same time start drinking the miralax solution, one 8 oz glass every 15 minutes x 4 doses.(half the solution)
6. **11:00pm** take 2 more laxative pills with a glass of water. Continue taking the rest of the miralax solution – one 8 oz glass every 15 minutes til gone.

NOTHING BY MOUTH AFTER THE SECOND DOSE IS COMPLETE. NOT EVEN WATER! If you take blood pressure, heart, seizure or anxiety medications in the morning normally, take them at least 2 hours prior to arrival with just a sip of water. All other medications can be held until after the procedure.

IF YOUR ARRIVAL TIME IS 11:45AM OR AFTER FOR AN AFTERNOON PROCEDURE:

1. Repeat Steps #1-5 above.
2. Your 2nd portion of your prep will be taken at **5:00am** the morning of the procedure
3. **5:00am - take 2 laxative pills** with a glass of water. Start drinking the Miralax solution, one 8 oz glass every 15 minutes until gone.

Once you complete the miralax solution you should take **NOTHING BY MOUTH. NOT EVEN WATER!** You must complete all drinking at least 4 hours prior to your arrival time. If you take heart, blood pressure, seizure or anxiety medications, please take these at least 4 hours prior to your arrival as well.

2-5 days prior to your procedure you will get a MyChart message titled "Procedure Reminder/Read Entire Message". This message will tell you your arrival time which is usually 1 hour prior to your scheduled procedure. If you do not get the message please call 203-481-7050 Ext 23. Leave a message and someone will get back to you ASAP.