

ShandsJacksonville

GI Lab, Faculty Clinic – 1st floor

653 West 8th St. (904) 244-3735

MIRALAX/DULCOLAX PREP

1. 2 weeks before your procedure:
 - A. Do not take any iron pills for 2 weeks before your procedure.
 - B. Do not take any aspirin for 10 days before your procedure.
 - C. If you are on a blood thinner such as Plavix, Coumadin, or Pletal, please consult your physician about stopping the medication prior to the procedure.
 - D. Do not take Ibuprofen, Advil or Motrin for 3 days before your procedure.
 - E. At the pharmacy, get a large bottle of Miralax (8.3 ounces) and 4 Dulcolax or Bisacodyl tablets (5 mg tablets). Ask the pharmacist for help if you are having trouble finding them.
 - F. 1-2 days before your procedure, a GI Lab nurse will call to confirm your arrival time for the procedure.
2. Day before your procedure:
 - A. You may not eat any solid food all day.
 - B. You may have clear liquids such as jello, tea, apple juice, gator-aid, and 7-up. You must be able to 'see' through the liquid and the liquid must not be the color red.
 - C. At 1 pm, take 4 Dulcolax or Bisacodyl tablets.
 - A. At 2 pm, mix the Miralax with 64 ounces of a clear liquid like gator-aid (non carbonated) or clear liquid of choice. Shake to dissolve and refrigerate.
 - B. At 4 pm, start drinking the Miralax. Try to drink quickly, finishing the bottle in 2 hours. This will cause cramping and diarrhea. You must drink all of it. You may not have anything after midnight.

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3. Day of procedure:

- A. If you are on blood pressure, heart, and/or seizure medication, please take them at 6 am with a sip of water. You cannot have anything else.
- B. If you are diabetic and on medication, do not take any diabetic medication. Your blood sugar will be checked before the procedure.
- C. You **MUST** have someone with you to drive you home. Your procedure will not be performed unless you have a ride.