



YOUR PREPARATION - Miralax/Gatorade

Purchase these items ahead of time (no prescriptions required)

- **Four, 5mg Dulcolax® tablets**
- **One, 8 oz. bottle of MiraLAX**
- **64 oz. of Gatorade (no red flavors)**
- **Desitin® or Vaseline® can be used to protect the anal area especially if you have hemorrhoids.**

Date Of Procedure: ____/____/____ Time: ____ : ____ AM/PM

Report to Digestive health GI LAB (900 W. Nelson) Arrive at: ____ : ____ AM/PM



THE DAY BEFORE THE PROCEDURE:

NO SOLID FOOD. THE ENTIRE DAY BEFORE YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY.

MEDICATIONS:

Blood pressure and heart medication may be taken until 7AM the morning of your procedure with a sip of water.

- If you are on Pradaxa, Xarelto or Eliquis discontinue 2 days prior to your test.
- If you are on Plavix, Clopidogrel, Coumadin or Warfarin discontinue 5 days prior to test.
- If you are on any aspirin you may continue taking.

DIABETICS:

Do not take diabetic medications the day of your test. Please check your blood sugar at home the morning of your test.

Tea and Coffee	Apple/ Grape Juice	Lemonade	Carbonated Drink
Sports Drinks	Jell-O	Broth/Coconut Water	Honey/Sugar

