

Dr. Coppola's Miralax Prep

You will need: (4) Dulcolax tablets, 238 gram bottle of Miralax (this is now over the counter).

5 days before procedure: Check with Haley if you take aspirin, ibuprofen, Aleve, aspirin containing products, Plavix, blood thinners, iron, or vitamin E.

24 hours before procedure: Do not take fiber supplements such as Konsyl, Metamucil, or Fibercon.

* If you have a Living Will or Advance Directive please bring a copy with you, if you do not have one please disregard. It is required that a copy be placed in your chart, only if available.

** Begin clear liquid diet @ 6pm 2 days before procedure.

DAY BEFORE:

1. Clear liquids only. **NO SOLID FOODS**
2. Drink at least three 8 oz. portions of clear liquids during the day. You may drink more if desired.
3. At 12 Noon take four Dulcolax tablets with 8 ounces of any clear liquid. Then mix the 238 gram bottle of Miralax in 64 ounces of Gatorade/Water. Shake the solution until Miralax is dissolved. Drink an 8 ounce glass every 30-45 minutes until the solution is gone. (You may also use a clear liquid of your choice in place of the Gatorade.)

NOTHING BY MOUTH AFTER MIDNIGHT. The morning of your exam, **DO NOT** eat or drink **ANYTHING** *****!!**

DAY OF EXAM: Wear comfortable clothing.

1. Do not eat or drink anything. (NO liquids or solids)
2. If you take any blood pressure or seizure medication, you may take it that morning with a small amount of water (or any other medications your Dr. instructed you to take).**
3. Arrive 1hr before your scheduled procedure. If scheduled 7am- arrive at 6:30am.

YOU MUST bring a driver with you as you will be sedated for the procedure. If no one comes with you to drive you home the procedure cannot be performed and will have to be rescheduled. The driver will need to stay during your procedure. **NO TAXI, BUS or Public Transportation (unless you have a family member/friend with you on the vehicle).**

****CLEAR LIQUID DIET:** Anything you can see through. *Avoid liquids colored red or purple.

Water	Tea	Lemonade (no pulp)
Gatorade	Soft drinks	Bouillon
Clear fruit juice	Kool-Aid	Black coffee
White grape juice	Popsicles	
Apple juice	Jell-O	

DO NOT DRINK: Milk, Milk products, fruit juice with pulp, red or purple liquids.

*If you need to cancel, call 221-5845 (Endoscopy Center) before 2pm. If after 2pm call Haley with Dr. Coppola at 223-4500.