

David E. Rivadeneira, MD, FACS, FASCRS

MIRALAX/DULCOLAX PREP

DATE OF PROCEDURE: _____

DAY BEFORE PROCEDURE: You may eat a light breakfast before 8:00am. This includes cereal, yogurt, toast, eggs or coffee. **DO NOT EAT:** Waffles, pancakes, bagels, or breakfast meats.

AFTER 8:00am: You can only have clear liquids; **NOTHING RED OR PURPLE.** This includes jello, water, apple juice, white grape juice, ginger ale, Gatorade, Powerade, Italian ices, chicken broth. **DO NOT DRINK MILK OR MILK PRODUCTS, ORANGE JUICE OR ANY LIQUID THAT IS NOT CLEAR.**

PREPARING THE PREP: In the morning, mix the entire 238g bottle of Miralax with 2 quarts of water, Gatorade or Crystal Light iced tea in a pitcher and refrigerate.

BEGINNING THE PREP: Between 4:00pm and 7:00pm take 4 Dulcolax tablets. **NOTE:** May take 2 to 3 hours before they start to work.

2 hours after taking the Dulcolax, begin drinking the Miralax drink. Drink 8oz every 15 to 30 min until finished. (This should take about 2 to 4 hours to complete.) You may continue to drink clear liquids until midnight.

*****NOTHING TO EAT OR DRINK AFTER MIDNIGHT*****

PROCEDURE: The hospital will call you the day before with your arrival time.

IMPORTANT FACTS YOU NEED TO KNOW:

-If you take aspirin or Coumadin regularly, you should check with your primary care physician about discontinuing these temporarily.

-If you take insulin, check with your physician about adjusting the dosage. You should continue taking all other regular medications.

-You may take Tylenol.

-Avoid alcohol the day prior to your examination.

-Avoid seeds and nuts during the week preceding your examination.

If you have any questions please call Dr. David Rivadeneira's office at (631) 470-1450.

Patient Signature: _____