



University Surgical Associates

Exceptional surgeons. Compassionate care.

DR. SHAUNA LORENZO-RIVERO, MD

MIRALAX BOWEL PREP

****Please stop any aspirin or ibuprofen products ten (10) days prior to the procedure. If you are taking Plavix, Plator, Coumadin, or any other medicine that thins your blood, please call your doctor to arrange stopping it prior to the procedure. *****

At your local pharmacy, purchase one (1) 8 oz. bottle of Miralax and four (4) Dulcolax (bisacodyl) tablets. All of these can be purchased over the counter in the laxative section.

ON THE DAY BEFORE YOUR PROCEDURE.....

Clear liquid diet for breakfast, lunch and dinner. **NO SOLID FOOD**. Examples of clear liquids: apple juice, grape juice, lemonade, broth, Jell-O, coffee (no creamer), tea, Gatorade, Kool-Aide, popsicles, and soft drinks (*NOTHING RED or PURPLE*).

Please drink 1-2 bottle(s) of Powerade/Gatorade during your prep, just NOT red or purple.

At 12:00 noon, take two (2) of the Dulcolax (bisacodyl) tablets with any clear liquid. Do NOT crush or chew tablets. Do NOT take tablets within one (1) hour of taking an antacid.

At 4:00 pm, begin drinking one (1) capful of Miralax mixed in 8 oz of any clear liquid every 10-15 minutes until 64 oz (eight 8 oz glasses) have been consumed.

At 8:00 pm, take two (2) Dulcolax (bisacodyl) tablets with any clear liquid. Do NOT crush or chew tablets. Do NOT take tablets within one (1) hour of taking an antacid.

You may continue with the clear liquid diet up until midnight. After midnight, do NOT have anything by mouth.

If you have any questions, please feel free to call Julie at 423-267-0466.