

Miralax Prep Instructions

Nuvance Health Medical Practice Gastroenterology

Purchase four (4) Dulcolax Laxative 5 mg tablets and a 238-gram bottle of Miralax at the pharmacy as soon as possible.

Blood thinners: (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

Insulin dependent diabetics: (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

If you're on certain medications called GLP-1 agonists, you will follow the below instructions for your procedure. GLP-1 agonists include:

- **Dulaglutide (Trulicity)**
- **Exenatide extended release (Bydureon bcise)**
- **Exenatide (Byetta)**
- **Semaglutide (Ozempic, Rybelsus, Wegovy)**
- **Liraglutide (Victoza, Saxenda)**
- **Tirzepatide (Mounjaro, Zepbound)**

GLP-1 Agonists: (If applicable) Patients taking GLP-1 agonists daily – Hold on the day of the procedure. Patients taking GLP-1 agonists weekly – Hold for 1 week prior to the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds.

Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be) **NO FOOD**
 - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet, or jello. **Nothing red or purple. No milk or cream.**
- **At 3 pm**, take four (4) Dulcolax Laxative 5 mg tablets.
- **At 5 pm**, mix 238gm of Miralax in 64oz. of clear liquid from above. (Miralax dissolves better in warm liquids.) Drink 8 oz. every 15-20 minutes; if you feel nauseous, drink every 30-45 minutes. Drink a total of 32oz. (4 glasses).
- **YOU MUST** continue drinking clear liquids until bedtime.

Day of procedure:

- 6 hours before your procedure: **FINISH** the Miralax drink in the same manner as above (4 glasses).
- **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure
- Nothing by mouth 2 hours before arrival.

You will need a responsible driver (18 years of age or older) to drive you home. No UBER or LYFT. You will not be allowed to drive yourself home.

Expect to be here for 90 minutes to 2 hours.

Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
24 Hospital Avenue, 4th Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**
111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**
21 Elm St. 2nd Floor, New Milford, CT (203) 739-7038
- **Norwalk Surgical Center**
40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278
- **Norwalk Hospital GI Lab,**
34 Maple Street, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- **Putnam Hospital**
670 Stoneleigh Avenue, Carmel, NY (845) 876-3003
- **Fishkill Asc.**
200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524
(845) 876-3003
- **Vassar Brother's Medical Center**
45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003
- **Northern Dutchess Hospital**
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003