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 Duchess Hospital
  6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003