

# 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.

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. **(See attached instructions for diet guidelines.)**

### 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, 4<sup>th</sup> Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**  
111 Osborne Street, 2<sup>nd</sup> Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**  
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**  
21 Elm St. 2<sup>nd</sup> 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, 5<sup>th</sup> Floor, Norwalk, CT 06850 (203) 852-2278

## New York

- **Putnam Hospital**  
670 Stoneleigh Avenue, Carmel, NY (203) 739-7038
- **Putnam Barns - Putnam GI, LLC**  
667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY (203) 739-7038
- **Fishkill Asc.**  
200 Westage Business Center Drive, Bldg C, 3<sup>rd</sup> floor, Suite 330 Fishkill, NY 12524  
(203) 739-7038
- **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