

Miralax(polyethylene glycol) 4 Colonoscopy Prep

Instructions

Medications that must be stopped FIVE (5) days before the procedure:

Aspirin, Plavix (clopidogrel), Coumadin (warfarin), and Anti-Inflammatory drugs (eg: Motrin, Advil, Naproxen, Celebrex, Ibuprofen, Indocin, Aleve)

Medications that must be stopped THREE (3) days before the procedure:

Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Savaysa (Edoxaban), Brilinta (Ticagrelor)

Please check with your primary care physician or cardiologist whether you need Lovenox injections while you are off the blood thinner medications

Can be continued: (Tylenol, Percocet, Vicodin, Tramadol (Ultram), Oxycontin,

Prednisone, Methadone, Codeine, Morphine, Neurontin, Fentanyl, Lidocaine are OKAY and can be continued.)

Day Before Colonoscopy

Follow 1 Day Diet Plan

Mix

- Mix the Miralax (polyethylene glycol) powder 238 gm with 64 ounce of any clear liquid such as apple juice, limeade, white grape juice, etc. (best way is to mix it with white cranberry juice)
- Chill in refrigerator

4 pm

Start drinking Miralax solution

- Try to finish within 5 hours
- Take your time – if you feel nauseous stop and rest
- Using a straw may help

5 pm

Take 2 Dulcolax (bisacodyl) tablets

6 pm

Take Milk of Magnesia 30 mL (2 tablespoons)

7 pm

Take 2 Dulcolax (bisacodyl) tablets

9 pm

Take Milk of Magnesia 15 mL (1 tablespoon)