



**Miralax/Dulcolax** – Miralax and Dulcolax are over the counter medications that you can find at your pharmacy.

**You will need to purchase:** 6 Dulcolax Laxative pills and 1 container of Miralax Powder (enough for 10 doses)

- It is important to **NOT USE** alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure
- It is important to **NOT USE** tobacco products the day of the procedure  
\*\*\* **If you do not avoid these items, then your procedure will be cancelled.** \*\*\*

## The day before the procedure

- **At 7am:** take two Dulcolax Laxative pills
- **From 2pm to 7pm:** drink an 8oz glass of Miralax and take 2 Dulcolax pills. Drink an additional 8oz glass of Miralax every 30-45 minutes until you have drunk 8 total glasses
- Continue to drink a gallon of clear liquids until midnight
- **Do not eat or drink anything after midnight** except your 2<sup>nd</sup> dose of prep 5 hours prior to your arrival – no candy, gum, mints, water, ice, etc.

## The day of your procedure

- **5 hours before your arrival time:**
  - Drink an 8oz glass of Miralax and take 2 Dulcolax pills. Drink a second 8oz glass of Miralax.
  - Take 2 Gas X tablets by mouth.
  - Finish both glasses within an hour. This is also the time to take any medications your physician has directed you to take the morning of the procedure.
  - **Do not eat or drink anything after this time** – no medication, coffee, candy, gum, mints, water, ice, etc.
- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed health questionnaire including medications, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.
- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Please ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center, and to be prepared to answer a phone call when you are finished with your procedure.