



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 2nd 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.