



COLONOSCOPY PREPARATION INSTRUCTIONS MIRALAX/GATORADE SPLIT PREP

If you are or may be pregnant please discuss the risks and benefits of this procedure with your doctor. You must arrange for a ride (no taxi or buses) for the day of your exam. The driver does not have to remain in the facility, the nurses can call them when you are ready to be picked up. If you fail to arrange transportation with a responsible adult, your procedure will need to be cancelled and rescheduled. You will not be allowed to drive or work the rest of the day. If you wish to cancel or reschedule your appointment please call us at as soon as possible.

If you are taking any anti-coagulation medication (blood thinners such as Eliquis, Xarelto, Coumadin, Plavix, Brilinta or Pradaxa), these will need to be held prior to your procedure. Please discuss with the provider that prescribes it before discontinuing the medication.

If you take blood pressure or thyroid medication, please continue to take this the morning of your procedure with a small sip of water.

TO ENSURE A SUCCESSFUL EXAM, PLEASE FOLLOW BELOW CAREFULLY

ITEMS TO BE PURCHASED OVER THE COUNTER AT YOUR PHARMACY OR DRUG STORE:

- Two Dulcolax® tablets (to be taken orally)
- One **238 gram** bottle of Miralax® or generic equivalent
- One **64 oz.** bottle of Gatorade® (**NO RED OR PURPLE DYES**)
- One **10 oz.** bottle of Magnesium Citrate® (**NO RED FLAVORS**)

If you are taking any anti-coagulation medication, please discuss with the provider that prescribes it before discontinuing the medication in preparation for your Endoscopy with us.

****If you are currently taking any GLP-1 medications such as: Dulaglutida (Trulicity), Exenatide (Byetta), Semaglutide (Ozempic or Wegovy), Liraglutide (Victoza or Saxenda), Tirzepatide (Mounjaro or Zepbound), Lixisenatide (Adlyxin) or Semaglutide (Rybelsus) they must be stopped for two (2) weeks prior to your procedure.****

FOUR DAYS PRIOR TO PROCEDURE:

Stop taking iron supplements, any vitamins containing iron, ibuprofen containing products, fish oil and flax seed oil.

Discontinue fiber supplements, such as Metamucil, Citrucel, or similar.

Limit the intake of high-fiber foods, such as raw fruits, vegetables, whole wheat, multigrain foods, nuts, popcorn, bran or bulking agents.

TWO DAYS PRIOR TO PROCEDURE:

Drink at least 8 glasses of water/clear liquids during the day.

ONE DAY BEFORE PROCEDURE:

MAINTAIN A CLEAR LIQUID DIET ALL DAY!!!

DO NOT EAT SOLID FOODS OR DAIRY PRODUCTS OF ANY KIND!!!

It is very important to drink fluids both before and after your prep to prevent dehydration.

Please be sure to consume at least eight, 8 oz. servings (64 oz) or more of clear liquids on the day before your procedure.

A CLEAR LIQUID DIET CONSISTS OF:

Soups: Clear bouillon, chicken broth, vegetable broth, beef broth, or consomme.

Beverages: Tea, black coffee. You may add sugar or sweeteners to coffee or tea. Kool-Aid, Gatorade® and other similar carbonated or non-carbonated beverages are acceptable.

Juices: Apple, white grape, strained lemonade, limeade and orange drink or any juice you can see through and has no pulp is acceptable.

Dessert: Italian ices, popsicles, Jello, and hard candy.

DO NOT DRINK ANY **RED OR PURPLE** COLORED BEVERAGES. **NO ALCOHOL.**

DO NOT EAT **RED OR PURPLE** JELLO OR POPSICLES. NO DAIRY PRODUCTS.

*****One day before your procedure (continued):***

BETWEEN NOON AND 4 PM take 2 Dulcolax® tablets.

TWO HOURS AFTER TAKING THE DULCOLAX® TABLETS mix the 238 gram bottle of Miralax® and 64 oz. of Gatorade® in an empty pitcher and stir until dissolved. Drink 8 oz. glass every 20 minutes until the entire solution is gone.

IF YOU BECOME NAUSEATED DURING THE INGESTION OF THE MIRALAX® PREP, STOP THE PREP FOR 45 TO 60 MINUTES, THEN RESUME WITH SMALLER AND LESS FREQUENT AMOUNTS.

**After completing the Miralax preparation if no bowel movement achieved in 2 hours you MAY REPEAT THE ABOVE MIRALAX PREPARATION.

4 HOURS BEFORE THE PROCEDURE Drink the 10 oz. bottle of Magnesium Citrate® Set an alarm clock as a reminder if this will be early in the morning.

3 HOURS BEFORE THE PROCEDURE stop drinking **all** liquids.

Take your usual prescription medications (**except medications noted above**). If you have diabetes you should take your oral diabetic medications at on half of the usual dose. Monitor your blood sugar at your usual times. Consult your endocrinologist or primary care physician for specific instructions on insulin dosing for prep and day of procedure.