

COLONOSCOPY PREP	MIRALAX-GATORADE	PLEASE READ CAREFULLY!
IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS.		A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAN COLON!

MEDICATIONS:

- **Diabetes:** Call your primary physician for instructions on how to take these medications on the day before your colonoscopy and on the day of the procedure.
- **Blood Thinners (with permission from your prescribing provider):**
 - 5 full days prior, hold Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (ticagrelor)
 - 2 full days prior, hold Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)
 - Any other blood thinners or antiplatelet agents, please ask your prescribing provider.
 - You may continue to take aspirin daily.
- **Avastin:** if you are on this chemotherapy agent, it is critical that you inform your gastroenterologist.
- **Other medicines/behavior:**
 - Hold iron and fiber supplements one week before your procedure.
 - Anesthesia requires that patients do not smoke, vape, consume alcohol, smoke marijuana or use other illicit drugs for 24 hours prior to procedure.
- **Diabetes/Weight Loss:** Diabetes and weight loss treatments must be held before the procedure to minimize anesthesia-related risk.
- Necessary morning medications may be taken with a sip (2 teaspoons) of water on day of procedure.

DIET (see reverse for more details):

- Starting **two days prior to procedure:** avoid whole grains, seeds, nuts, berries, raw tomatoes and corn.
- Starting **the day prior to procedure:** Eat a light breakfast, then only clear liquids after 10 AM
- It is important to complete the entire prep. You should continue clear liquids up until 4 hours prior to your procedure to stay hydrated.

OBTAIN PREP (purchase the following):

- Gatorade: Three (3) 28-oz bottles (**not** red, orange or purple)
- Miralax: at least 12 ounces (you will need 21 doses which is 357 grams)
- Bisacodyl/Dulcolax: Oral version not rectal; will need 10 mg (one 10-mg tablet or two 5-mg tablets)
- Simethicone Liquid: one small bottle; found in the baby aisle of the pharmacy
- Mixing Container: You will need an empty ½ gallon container in which to mix the prep

PREP FOR COLONOSCOPY:

- Day before the procedure:
 - 6 PM: Take 10 mg of Bisacodyl
 - 6 PM: In the mixing container, mix 28 ounces of Gatorade with 7 scoops of MiraLAX until completely dissolved. Then drink the mixture over 1 hour.
 - 8 PM: In the mixing container, mix 28 ounces of Gatorade with 7 scoops of MiraLAX until completely dissolved. Drink over 1 hour.
- Day of Procedure (6 hours prior to procedure): In the mixing container, mix 28 ounces of Gatorade with 7 scoops of MiraLAX until completely dissolved. Mix in 10 droppers full of simethicone and drink over 1 hour.
- Prep must be finished no later than 4 hours prior to procedure.
- Nothing by mouth within 4 hours of procedure including solid food, gum, mints, hard candy or water or your procedure will be rescheduled (except necessary morning meds with a sip of water)

DIETARY GUIDELINES:

What is a light breakfast?

- A light breakfast may include 1-2 slices of white bread toast or a plain bagel with butter, margarine or jelly. It can also include one egg.
- Does not include anything whole grain (including wheat/rye bread), granola, nuts or seeds

What is a clear liquid diet? A “clear liquid” has the consistency of water at room temperature and is transparent

- Avoid
 - Clear liquids that are red, orange or purple in color
 - Alcohol and dairy products
 - Tomato juices and pulpy juices are not clear liquids
- Beverages you may have:
 - Water
 - Juices: apple, white grape
 - Black coffee or tea (iced or hot)
 - Gatorade, Vitamin Water, PowerAde and other electrolyte drinks (not red, orange or purple)
- Other clear liquids to enjoy:
 - Clear vegetable, chicken or beef broth (broth only - no noodles, vegetables, potatoes, etc.)
 - Jell-o, popsicles, fruit ice or slush (not red, orange or purple)
 - Ginger ale or Sprite (NO cola, Mountain Dew or other sodas)
 - Sugar or sweeteners dissolved in any of the above

PREP TIMELINE (what time should I finish my prep):

Colonoscopy Prep Timetable

Prep Part 1: start @ 6pm the day before (see prep instructions)

Scheduled Procedure Time	Start Prep Part 2	Finish Prep By	Scheduled Procedure Time	Start Prep Part 2	Finish Prep By
730 am	130 am	330 am	1200 pm	600 am	800 am
800 am	200 am	400 am	1230 pm	630 am	830 am
830 am	230 am	430 am	100 pm	700 am	900 am
900 am	300 am	500 am	130 pm	730 am	930 am
930 am	330 am	530 am	200 pm	800 am	1000 am
1000 am	400 am	600 am	230 pm	830 am	1030 am
1030 am	430 am	630 am	300 pm	900 am	1100 am
1100 am	500 am	700 am	330 pm	930 am	1130 am
1130 am	530 am	730 am			

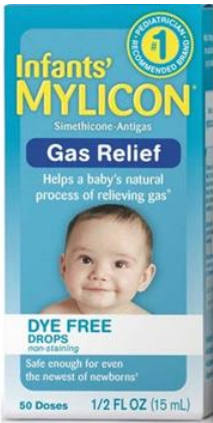
Pre-Procedure Medication Changes

- ❖ **If your medications change prior to your procedure, you must contact our office.**
- ❖ **It is imperative to notify our office of any Diabetes/ Weight loss medications you are taking.**
- ❖ **Below is a list of common Diabetes/ Weight Loss medications. Please contact our office if taking any other medications not listed.**

Drug Class	Medications	When to stop
GLP-1 agonist	This drug class includes (but is not limited to) Ozempic, Wegovy, Zepbound, Rybelsus, Mounjaro, Trulicity, Byetta and Saxenda	Weekly injections stop 7 days prior to the procedure; Daily injections/ oral meds stop 1 day prior to the procedure
SGLT-2 Inhibitors	Brenzavvy (Bexagliflozin), Farxiga (dapagliflozin), Glyxambi (Empagliflozin and Linagliptin), Invokamet (Canagliflozin and Metformin), Invokana (canagliflozin), Jardiance (empagliflozin), Qtern (Dapagliflozin and Saxagliptin), Synjardy (Empagliflozin and Metformin), Trijardy XR (Empagliflozin, Linagliptin, and Metformin), Xigduo XR (Dapagliflozin and Metformin)	Stop 3 days prior to the procedure
SGLT-2 Inhibitors	Steglatro (Ertugliflozin), Steglujan (Ertugliflozin and Sitagliptin), Stegluromet (Ertugliflozin and Metformin)	Stop 4 days prior to the procedure

GATORADE-MIRALAX PREP SHOPPING LIST

- Gatorade: Three (3) 28-oz bottles (**not** red, orange or purple)
- Miralax: at least 12 ounces (you will need 21 doses which is 357 grams)
- Bisacodyl/Dulcolax: Oral version not rectal; will need 10 mg (one 10-mg tablet or two 5-mg tablets)
- Simethicone Liquid: one small bottle; found in the baby aisle of the pharmacy
- If you need help while shopping, please ask your pharmacist

Instruction	Name Brand		Generic
Add 21 capfuls to 84 oz of Gatorade OR mix one bottle at a time (7 capfuls to each 28-oz bottle of Gatorade)		OR	
6PM: Take 10 MG		OR	
6 hours prior to procedure: Add 10 droppers full to the last 28 oz of the Gatorade-Miralax mixture		OR	

Drink one 28-oz. serving at:

6PM the day before

8PM the day before

6 Hours before the procedure

Finish Prep by 4 hours prior to the procedure; nothing by mouth within 4 hours of procedure