

## GASTROENTEROLOGY AND HEPATOLOGY CENTER

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### **MIRALAX COLONOSCOPY PREPARATION INSTRUCTIONS**

1. STOP all: aspirin, aspirin-containing products, NSAIDs (i.e. Motrin, Advil, Ibuprofen, Naprosyn, Aleve), iron-containing medications including multi-vitamins, and blood thinners (i.e. Plavix, Coumadin, Eliquis, Xarelto, Ginkgo biloba, etc.) **5 days prior** to the procedure. Acetaminophen (i.e. Tylenol) is acceptable.

**\*\*Hold Diabetes medications the morning of the procedure if you have diabetes\*\***

**\*\*Hold Semaglutide medications like Ozempic, Mounjaro, Wegovy, Zepbound, Trulicity, etc for at least 1 week prior to procedure (typically this will be holding 1 dose)\*\***

2. AVOID raw vegetables, corn, nuts, foods containing seeds, and black pepper beginning **5 days prior** to the procedure.

3. PURCHASE:
  - a) 1 bottle of Glycolax/Miralax (255 grams)
  - b) 6 Dulcolax laxative tablets
  - c) 1 64 oz. Bottle of Gatorade – NOT red or purple.

(Can substitute Crystal Light for Gatorade for Diabetics)

4. **2 DAYS PRIOR** to the procedure, you can have a regular meal for breakfast and lunch. For *dinner*, start on clear liquids ONLY.

**Clear liquids** include: water and/or tea, juice (including apple), broth, chicken bouillon, Sprite or 7-UP, Gatorade (Not red or purple), Jell-O (Not red or purple), Popsicles (Not red or purple). NO milk products.

**At 7pm**, take **2 Dulcolax** tablets with 8 oz. of a clear liquid.

5. **ONE DAY PRIOR** to procedure: refrigerate Gatorade. Continue to have clear liquids for the entire day. *No solid food allowed.*

**At 8am**, take **2 Dulcolax** tablets with 8 oz. of a clear liquid

**At 12pm noon**, take **2 Dulcolax** tablets with 8 oz. of a clear liquid.

## COLONOSCOPY PREPARATION INSTRUCTIONS cont'd

At 3 pm, mix the entire bottle of **Glycolax/Miralax** with 64 oz. of Gatorade. Stir until dissolved.

Drink one 8 oz. glass of Gatorade solution **every 15 minutes** until the entire 64 oz. is done. Can space out drinking if beginning to feel full or nauseated.

**\*Continue to drink as much clear liquids to avoid dehydration.**

6. **Day of procedure**. You may take prescribed medications (except for those listed above under 1.) with a small sip of water.

Otherwise, **no** liquids or food are allowed for **at least 6 hours prior** to the procedure.

Bring inhalers to the procedure, if you use them.

**Please arrange for a reliable adult to drive you to and from the procedure.**

OPERATING A VEHICLE or any other machinery is PROHIBITED for at least 2 hours after the procedure because of the effects of the medications used for sedation.

7. Please call our office if you have any questions.