

2-DAY MIRALAX PREPARATION FOR COLONOSCOPY

- ✓ You should already have discontinued Phentermine (1 week before procedure).
- ✓ Iron, vitamins, and herbal supplements must be discontinued for 5 days before your procedure unless otherwise directed by your physician.
- ✓ Please avoid raw vegetables, fiber supplements, corn, nuts and seeds for 3 days before the procedure.
- ✓ Take other medications with a small amount of water the morning of your procedure
- ✓ Please contact our office if you are on Coumadin and do not have specific directions for stopping this medication before your procedure.

****SUPPLIES TO BE PURCHASED AT THE PHARMACY:**

- Purchase 9 Dulcolax 5 mg. tablets (or generic Bisacodyl, NOT Dulcolax stool softener or suppository)
- One 238 gram bottle of Miralax (or generic equivalent)
- Two 28-32 ounce bottle of Gatorade, G2 Gatorade or Powerade (no red or purple color)
- Simethicone tablets (1-2 depending on brand) to total 250 mg. (Gas-X, Mylicon, Phazyme or generic brand)
- Vaseline or Desitin ointment
- One Disposable Fleet enema (saline only)

IF YOU TAKE ONE OF THESE: Dulaglutide (Trulicity) (weekly); Exenatide extended release (Bydureon bcise) (weekly); Exenatide (Byetta) (twice daily); Semaglutide (Ozempic) (weekly); Liraglutide (Victoza, Saxenda) (daily); Lixisenatide (Adlyxin) (daily); Semaglutide (Rybelsus) (taken by mouth once daily); Wegovy (Semaglutide); Mounjaro (tirzepatide) Zepbound (tirzepatide) **You must hold this medication for a week (7days) prior to your procedure.**

***FIVE DAYS BEFORE:** Stop taking Iron, Vitamins, and Herbal Supplements unless otherwise directed.

***THREE DAYS BEFORE:** Stop eating raw vegetables including all salads, corn, nuts, seeds, smoothies and fiber supplements

TWO DAYS BEFORE PROCEDURE:

- 1) You may have a normal breakfast prior to 9:00 a.m.
- 2) 9:00 a.m.: Start Full Liquid Diet (attached) after breakfast
- 3) To prevent irritation, generously apply either Vaseline or Desitin ointment to the peri-anal area.
- 4) 3:00 p.m.: Take 1 Dulcolax tablet with an 8 oz. glass of water.
- 5) 6:00 p.m.: Take the other Dulcolax tablet with another 8 oz. glass of water.
- 6) Remain on Full Liquid Diet until 6:00 a.m. tomorrow when clear liquid diet begins.

***ONE DAY BEFORE:**

6:00 am: Begin Clear Liquids--Begin the clear liquid diet attached and remain on this up until 4 hours prior to your procedure.

5:00 pm: Take the first set of 3 Dulcolax tablets. Mix ½ (7 capfuls) bottle of Miralax/Glycolax powder with one 28-32 oz. bottle of Gatorade-type drink. Please shake well and refrigerate.

8:00 pm to 12:00 am: Start drinking the mixture, drinking an 16oz. glass of the mixture every hour until completely finished. **Drink 3 additional 8 ounce glasses of clear liquid in addition to the prep; this is extremely important to avoid side effects of dehydration.**

10:00pm: take 3 Dulcolax tablets

6 Hours Prior Procedure Arrival Time

***The DAY OF YOUR PROCEDURE**

Stop using any medical marijuana products including CBD oils and other products.

*Mix last ½ bottle of Miralax/Glycolax powder with the second 28-32 oz. bottle of Gatorade-type drink. Please shake well and refrigerate. Begin drinking a 16 oz. glass of the mixture until mixture is completely finished. Please finish mixture within 2 hours.

4 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME:

- Take the Simethicone tablets (1-2 to equal 250 mg.) and all of your regular medications at this time with enough water to safely swallow your pills.
- If your bowel movements are not clear, please use the Fleet enema to rinse out any remaining stool
- Report to the facility for your procedure at your scheduled arrival time.

YOU MUST COMPLETE YOUR PREP 4 HOURS PRIOR TO YOUR PROCEDURE and have nothing to drink 2 HOURS BEFORE YOUR ARRIVAL TIME or your procedure may be delayed or cancelled.

DIABETIC PATIENTS:

- *Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.
- *Patients on NPH and regular Insulin should remain on regular dose on the day before (prep day), but reduce the usual dose by 20% the morning of the procedure.
- *Patients on oral diabetic medications DO NOT TAKE these on the day of the procedure
- *If you have an Insulin pump or have any other questions about your diabetic medications, please call your primary care physician or endocrinologist for further instructions.
- “The Miralax prep is not approved by the FDA”
- **Dehydration and fainting are possible side effects of colonoscopy preps.

FULL LIQUID DIET

This diet is to be used in conjunction with a two-day preparation for colonoscopy or other procedures or as directed by your provider. This diet is inadequate in all essential nutrients, but does provide more substance than the clear liquid diet used for the day before procedures. It is not recommended for regular use but for temporary use during preparations.

FOLLOW THIS DIET TWO DAYS BEFORE YOUR PROCEDURE

FOODS ALLOWED

Milk and Milk products

Milk (including buttermilk, soy milk, rice milk, almond milk, and cow's milk)
Milkshakes, pasteurized eggnog, smooth ice cream,
frozen yogurt, custard, yogurt without fruit pieces and pudding

Juices

All fruit juices, nectar juices, orange juices with
pulp and vegetable juices, including V8 and tomato juice

Other Beverages

Coffee, Tea, flavored water,
sodas, carbonated flavored water

Grains

Cooked, refined cereals limited
to Cream of Wheat, Farina, and Cream of Rice

Fats and Oils

Butter, margarine, cream and oils

Sweets and Desserts

Sherbet, sugar, sugar substitutes, hard candy, plain gelatin (Jello),
fruit ices without added fruit pieces,
popsicles, honey and syrups

Soups

All flavors of broth and bouillon,
smooth tomato soup (no chunks of tomatoes) and strained creamed soups

NOT ALLOWED
No Meats, breads or other solid foods

CLEAR LIQUID DIET: FOLLOW THIS DIET THE WHOLE DAY BEFORE YOUR PROCEDURE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

DRINKS ALLOWED

Water/Flavored Water
Tea (decaffeinated or regular)
Coffee, Fruit flavored drinks
Carbonated beverages like Coke & Pepsi
Strained fruit juices; apple,
White grape, orange white cranberry, lemonade
Iced tea, Gatorade
Clear broth, consommé or
Bouillion (chicken, beef or vegetable)
Jello, Popsicles (Ice)
Sugar, Honey, Syrup or sugar substitute,
Clear hard candy, salt

NOT ALLOWED

(NO RED, PURPLE OR BLUE JELLO OR POPSICLES)

NO MILK OR DAIRY PRODUCTS

(NO NON-DAIRY CREAMER FOR COFFEE OR TEA)

**YOU MAY HAVE NOTHING BY MOUTH FOR TWO (2) HOURS PRIOR TO
YOUR PROCEDURE**