

MIRALAX PREPARATION FOR COLONOSCOPY

PREP INSTRUCTIONS: To avoid a failed prep or the need for a repeat procedure due to poor prep, please follow all of these instructions carefully.

TWO WEEKS BEFORE

*If you are on **Coumadin or other blood thinning medication**, and you do not have specific instructions for stopping this medication prior to your procedure, please contact our office.

***ONE WEEK BEFORE**

Stop taking any medications containing **Phentermine & Diethylpropion**

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.

PURCHASE the following over-the-counter items if you have not purchased the prep kit at the office:

- *6-9 Dulcolax 5 mg. Tablets (Bisacodyl generic tablets, NOT stool softener or suppositories)
- *Vaseline or Desitin ointment to apply generously to peri-anal area prior to prep
- *One 238 gram (8.39 oz) bottle of Miralax (or generic Glycolax)
- *Two 28-32 ounce bottle of Gatorade, Powerade, Smart Water, Propel (no red, purple-colored flavors)
- *One disposable Fleet Enema (Saline only-no mineral oil enemas)
- *Simethicone tablets (1-2 depending on brand) to total 250 to 360 mg (You may purchase Gas-X, Mylicon, Phazyme or generic Simethicone in the anti-gas area of your pharmacy)

***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

***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 8 oz. glass of the mixture every hour until it is 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

***The DAY OF YOUR PROCEDURE**

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

6 Hours Prior Procedure Arrival Time

*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 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 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.

***2 HOURS PRIOR NOTHING FURTHER BY MOUTH**

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.

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**