



Miralax Gatorade Colonoscopy Prep Use During Pharmaceutical Shortage

7 Days Before the Procedure

PICK UP YOUR PREP

Pick up your prescriptions and/or over the counter products for your prep. If a prescription for prep was electronically sent, follow the directions provided with the prescription.

Colonoscopy Prep Materials:

- 64 ounces of Gatorade: Regular Gatorade, Gatorade G2, Powerade, or Powerade Zero are acceptable. It is okay to buy two 2.12 ounce packets of powdered Gatorade that can be mixed with water to a total volume of **64 ounces** of liquid. (No red- or purple-colored flavors).
- 4 – Bisacodyl tablets (Dulcolax laxative NOT Dulcolax stool softener)
- 1 – 8.3-ounce bottle of Miralax or generic Polyethylene Glycol (PEG)

MEDICATIONS TO STOP

If you take the medications listed below you **MUST** stop taking it seven (7) day prior to your procedure. If it is not stopped there is potential for it to cause complications with anesthesia.

Stop taking the following:

- Phentermine
- GLP-1 agonists
 - Dulaglutide (Trulicity®).
 - Exenatide (Byetta®).
 - Exenatide extended release (Bydureon®).
 - Liraglutide (Victoza®).
 - Lixisenatide (Adlyxin®).
 - Semaglutide injection (Ozempic®) (Wegovy).
 - Semaglutide tablets (Rybelsus®)(Wegovy).

Once weekly injections:

Patients on a once weekly GLP-1 agonist medication must hold these seven days prior to their scheduled colonoscopy.

Daily injections:

Patients on a daily GLP-1 agonist medication must hold these for one day prior to their scheduled colonoscopy.

YOUR PROCEDURE MAY BE CANCELED, or the availability and type of sedation may change upon arrival for your procedure if you do not do so.

5 Days Before the Procedure

MEDICATIONS TO STOP

If you take **any blood thinners** – you **MUST** Contact the prescribing physician regarding instructions for stopping these medications before your procedure.

Stop taking the following:

- Plavix (Clopidogrel)
- Coumadin/Warfarin

Patient with Diabetes

If you have diabetes, ask your regular doctor at least five days before the procedure for diet and medication restrictions to prescribed colonoscopy prep.

YOUR PROCEDURE MAY BE CANCELED if you do not do so.

3 Days Before the Procedure

START A LOW FIBER DIET A low fiber diet helps make the colon cleansing more effective. Refer to the Diet Recommendations appendix for full suggestions on what to eat.

2 Days Before the Procedure

MEDICATIONS TO STOP

If you take blood thinning medication (like the below) and have not spoken to your prescribing physician about stopping them, your procedure may be cancelled. Please contact your prescribing physician as soon as possible.

Stop taking the following:

- Arixtra®/Fondaparinux
- Eliquis®/Apixaban
- Savaysa®/Edoxaban
- Xarelto®/Rivaroxaban

1 Day Before the Procedure

STOP SOLID FOODS

Only drink clear liquids the ENTIRE day before your procedure. **DO NOT** eat any solid foods. Examples of Clear liquids (no red or purple colors): water and tea, clear broth/bouillon, Gatorade or Powerade; non-cola soft drinks; Sprite, 7-Up, Ginger ale, fruit juice without pulp, Jell-O, and popsicle.

When to Drink Your Bowel Prep

To prepare the solution, in a pitcher mix the 8.3 ounces of Miralax with the 64 ounces of Gatorade. Stir/shake the contents until it is dissolved.

DAY BEFORE PROCEDURE:

- At **Noon**, take 4 Bisacodyl tablets with water by mouth.
- At **4 PM**, drink the first half of the Miralax/Gatorade solution. Drink one 8-ounce glass every 10 minutes.

DAY OF PROCEDURE:

- **4 hours** before your scheduled procedure, **take the second half** of the Miralax/Gatorade solution. Drink one 8- ounce glass every 10 minutes until the mixture is gone.
- You may continue to drink clear liquids up to 3 hours before the time of your procedure.

TIPS:

Drink adequate amounts of fluid before and after Miralax/Gatorade preparation to prevent dehydration.

Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently.

Even if you are sitting on the toilet, continue drinking the Miralax/Gatorade preparation. Apply A&D ointment or Vaseline to the anus to prevent irritation if needed.

Reschedule, Cancel or Have Questions

If you need to reschedule, cancel, or have questions about your procedure please contact us during the office hours of Monday – Friday 8:30 AM – 5:00 PM.

BURNSVILLE CLINIC | 651-312-1700

14101 Fairview Drive, Suite 280, Burnsville MN, 55337

MINNEAPOLIS CLINIC | 651-225-7855

2800 Chicago Avenue South, Suite 300, Minneapolis MN, 55407

COON RAPIDS CLINIC | 651-312-1717

11850 Blackfoot Street N.W., 270, Coon Rapids MN, 55433

PELVIC FLOOR CENTER | 651-225-7855

2800 Chicago Avenue South, Suite 300, Minneapolis MN, 55407

EDINA CLINIC | 651-312-1700

6565 France Avenue South, Suite 375, Edina MN, 55435

ST. PAUL CLINIC | 651-312-1620

1983 Sloan Place, Suite 11, St. Paul MN, 55117

MAPLEWOOD CLINIC | 651-312-1620

2945 Hazelwood Street, Maplewood MN, 55109

After Hours Support

If you have an urgent need that is unable to wait for assistance during our office hours, please call 952-995-8760 for the “on call” physician to assist you.

Low Fiber Diet

Foods to Eat	Foods to Avoid
Bread, cereals, and grains <ul style="list-style-type: none"> • Cereals without whole grains, added fiber, seeds, raisins or other dried fruit. • Crackers, zwieback, melba, and matzoh (no cracked wheat or whole grains) • Plain pasta or noodles • Pretzels • White breads, waffles, French toast, plain white rolls, or white bread toast • White flour for baking or making sauces. • White rice 	Bread, cereals, and grains <ul style="list-style-type: none"> • Bran • Brown or wild rice • Coconut • Graham crackers • Granola • Kasha (buckwheat) • Nuts or seeds. • Wheat germ • Whole grains, cracked grains, or whole wheat products
Vegetables: <ul style="list-style-type: none"> • Strained vegetable juices without pulp or spices • Tender, well-cooked fresh or canned vegetables without seeds, stems or skins: carrots, green or wax beans, spinach, lima beans, pumpkin, asparagus tips 	Vegetables: <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, peas, and corn
Fruits and desserts <ul style="list-style-type: none"> • Canned fruit without seeds or skins (not pineapple) • Melons, except watermelon • Ripe bananas • Sherbet and popsicles • Strained or clear juices 	Fruits and desserts <ul style="list-style-type: none"> • All berries, figs, dates, and raisins • Prune juice and prunes • Raw or dried fruit
Milk/Dairy <ul style="list-style-type: none"> • Cheese, including cottage cheese. • Cream sauces, soups, and casseroles • Custard or pudding • Ice cream or frozen desserts (without nuts) • Milk, plain or flavored • Sour cream • Yogurt without seeds or granola 	Milk/Dairy <ul style="list-style-type: none"> • Yogurt with seeds, berries or nuts
Meat and other Proteins <ul style="list-style-type: none"> • Peanut butter without nuts • Eggs • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats 	Meat and other proteins <ul style="list-style-type: none"> • All beans, nuts, peas, lentils, and legumes • Processed meats, hot dogs, sausage, cold cuts • Tough, fibrous meats with gristle
Other foods and condiments <ul style="list-style-type: none"> • Clear jellies • Hard candy, marshmallows, and plain chocolate • Margarine, butter, cream, and oils • Mayonnaise and mild salad dressings • Plain gravies, bouillon and broth • Sugar, honey, and syrup 	Other foods and condiments <ul style="list-style-type: none"> • Marmalade • Pickles, olives, relish, and horseradish • Popcorn • Potato chips