

## **Miralax Gatorade Colonoscopy Prep**

### **On receipt of the instructions:**

1. Read ALL of the instructions!
2. If you are on a blood thinner or are diabetic, contact your primary provider about how this may change your prep, or contact the clinic for more individualized instruction.

## **7 Days Before the Procedure**

### **• PICK UP YOUR PREP**

Pick up any prescriptions, including Zofran or anti-nausea and/or over the counter products for your prep. If a prescription for prep was electronically sent, follow the directions provided with the prescription. Put the prep in the fridge. Chilling it may make it easier to drink.

#### **Colonoscopy Prep Materials:**

64 ounces of Gatorade: Regular Gatorade, Gatorade G2, Powerade, Powerade Zero, or Pedialyte are acceptable. It is okay to buy 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.

One 8.3 Ounce bottle of Miralax

Four Bisacodyl tablets (Dulcolax laxative NOT Dulcolax stool softeners or suppositories.)

One 10-oz bottle Magnesium Citrate

- Avoid eating foods with small seeds and nuts for the week before your procedure. Some examples of small seeds are: flaxseed, strawberries, popcorn, watermelon, kiwi, fennel, sunflower seeds, poppy seeds

- **MEDICATIONS TO STOP**

If you take one of 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.

- 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.

- Plavix (Clopidogrel)
- Coumadin/Warfarin
- All Vitamins and Herbal Supplements

- **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.

## **3 Days Before the Procedure**

- **START A LOW FIBER DIET 3 DAYS BEFORE YOUR PROCEDURE** A low fiber diet helps make the colon cleansing more effective. For suggestions on what to eat, go to <https://colonrectal.org/wp-content/uploads/2024/03/low-fiber-diet-recommendations-.pdf>

## 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.

- Arixtra®/Fondaparinux
- Pradaxa®/Dabigatran (stop earlier if renal disease)
- Xarelto®/Rivaroxaban (stop earlier if renal disease)

- Drink at least 8 glasses of water throughout the day

## 1 Day Before the Procedure

- **MEDICATIONS TO STOP**

- Savaysa®/Edoxaban (stop earlier if renal disease)
- Lovenox®/Enoxaparin
- Eliquis®/Apixaban (stop earlier if renal disease)

- **STOP EATING SOLID FOODS**

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

- **START YOUR PREP**

- At **8 AM**: Put the Magnesium Citrate bottle in the fridge and prepare the Miralax solution.
  - Preparing 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. Chill the preparation as it may be easier to drink.
- At **Noon**, take 4 Bisacodyl tablets, by mouth, with water.
- At **4 PM**, drink the Miralax/Gatorade solution.
  - Drink one 8 oz. glass of the Miralax/Gatorade mixture from above.
  - Continue drinking one 8-oz glass every 10-15 minutes until the mixture is gone. If you develop nausea/vomiting, you can take a break but finish all 64 ounces as quickly as possible.
  - Consider taking anti-nausea medications before you take your prep.

## **Day Of Procedure:**

- **4 hours** before your scheduled procedure, drink the 10 oz. Magnesium Citrate solution (Example: If your exam is at 7:30AM you need to drink this at 3:30 AM) Do not drink it the night prior as your prep may not be adequate if you alter the timing of the components).
- **3 hours prior to your procedure**
  - **STOP DRINKING ALL LIQUIDS**
  - Do not take anything by mouth during this time. It is ok to take your regular morning medications with a sip of water.

### **TIPS**

- Drink adequate amounts of fluid before and after your preparation to prevent dehydration.
- Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently.
- Apply A&D ointment or Vaseline to the anus to prevent irritation if needed.

### **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.

### **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 8:30 AM – 5:00 PM Monday – Friday.

**BURNSVILLE CLINIC | 651-312-1700**

**COON RAPIDS CLINIC | 651-312-1717**

**EDINA CLINIC | 651-312-1700**

**MAPLE GROVE CLINIC | 651-312-1700**

**MAPLEWOOD CLINIC | 651-312-1620**