

--- MIRALAX & GATORADE PREP INSTRUCTIONS ---

Please purchase the following over-the-counter items:

- ONE 238 gram (8.3 ounces) bottle of MiraLax laxative powder and ONE 119 gram (4.1 ounces) bottle of MiraLax laxative powder (generic/store brand of Miralax is fine to purchase)
- Dulcolax 5 mg, 2 tablets - not suppositories (the generic is bisacodyl)
- Gas-X 4 tablets or soft gels (80mg but if unable to find, any mg tablet is fine. The generic is simethicone)
- THREE 28 oz bottles of Gatorade (or Powerade or vitamin water) that are NOT red or purple

ONE WEEK (7 DAYS) PRIOR TO YOUR COLONOSCOPY, STOP taking the following medications:

- NSAIDs, including but not limited to: Ibuprofen, Advil, Motrin, Arthritis medication, Aleve, B.C. Powder, Celebrex, Excedrin, Etodolac, Mobic, Diclofenac, Meloxicam, Alka Seltzer
- All vitamins and supplements, including iron and fish oil
- Pepto Bismol or equivalent
- Psyllium products such as Metamucil or Citrucel

- If you are taking aspirin or ****ANY**** blood thinners such as Aggrenox, Agrylin, Brilinta, Coumadin, Effient, Eliquis, Lovenox, Persantine, Plavix, Pradaxa, Pletal, Savaysa, Ticlid or Xarelto, please follow the instructions given to you by our office. You may continue your 81mg Aspirin but DO NOT TAKE the day of the procedure.
- Please continue to take all other medications.
- Tylenol may be used for pain.

If you take medications prescribed by a cardiologist, endocrinologist, or nephrologist, you may require specific medication instructions for your procedure. This will be discussed with you during your scheduled nurse phone call. If you miss your nurse phone call, please call the office for your medication instructions.

Follow the Low-Fiber Diet below on _____ and _____.

YOU MAY HAVE THE FOLLOWING:

- enriched refined white bread, buns, bagels, English muffins
- PLAIN CEREALS e.g. Cheerios, Cornflakes, Cream of Wheat, Grits, Rice Krispies, Special K
- arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- white rice, refined pasta and noodles
- fruit juices, except prune juice
- applesauce, apricots, banana (1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
- vegetable juices
- potatoes (no skin)
- well-cooked and tender vegetables including alfalfa sprouts, green/yellow beans, carrots, celery, mushrooms You may have cucumbers, green/red peppers, squash, eggplant and zucchini if you remove the seeds.
- well-cooked, tender meat, fish and eggs

FOODS TO AVOID:

- AVOID whole grains (cereals listed above are okay)
- AVOID dried fruit, raisins and berries
- AVOID vegetables from the cruciferous family such as broccoli, cauliflower, and all leafy vegetables and lettuces.
- AVOID beans and lentils
- AVOID all nuts and seeds

TWO DAYS BEFORE YOUR COLONOSCOPY _____ at 6:00 pm Take 2 Dulcolax laxative tablets.

ONE DAY BEFORE AND THE DAY OF COLONOSCOPY: _____ and _____.

Medication Instructions

- For diabetics – insulin dependent: Take half of your usual morning dose of insulin on the day before your procedure. Do not take any insulin on the day of the exam. Please check your blood sugar the morning of your procedure. If you use a continuous glucose monitoring system, bring your monitoring device with you.
- For diabetics – oral diabetic medications: Do not take any oral anti-diabetic medication on the day before your procedure or the day of the procedure.
- Take any heart or blood pressure medications the morning of your procedure with a few sips of water prior to the time you cannot have anything by mouth.
- If you are on any inhalers please bring them with you the day of your procedure.

ONE DAY BEFORE YOUR COLONOSCOPY ON _____:

-NO SOLID FOOD ALL DAY

-Avoid anything RED or PURPLE in color.

-No milk OR dairy products are permitted.

-It is important to stay well hydrated by drinking plenty of APPROVED liquids throughout the day.

-Refrigerate the Gatorade or Powerade so it will be chilled for use.

APPROVED LIQUIDS ONE DAY BEFORE YOUR COLONOSCOPY

- Water
- Tea (iced or hot)
- Coffee- no creamer
- Soft drinks (diet or regular) (NO RED or PURPLE)
- Fruit flavored drinks (NO RED OR PURPLE)
- Gatorade, sports drinks (NO RED OR PURPLE)
- Apple juice
- White grape juice
- White cranberry juice
- Fat free broth or bouillion
- Jello (cannot contain fruit, NO RED OR PURPLE)
- Popsicles (cannot contain fruit, NO RED OR PURPLE)

ONE DAY BEFORE YOUR COLONOSCOPY: _____

At 5:00 p.m. pour the entire 8.3 ounce (238 grams) bottle of Miralax powder with TWO-28 oz bottles of Gatorade or Powerade into a large pitcher and mix until completely dissolved. Drink the entire 56 oz mixture - (1) 8-ounce glass every 10-15 minutes until the mixture is gone. After you have taken your dose of prep, please take 2 Gas-X tablets.

* IT IS NOT UNUSUAL TO DEVELOP NAUSEA AND/OR VOMITING WHILE DRINKING THE PREP OR AFTERWARDS. The prep may irritate your stomach and cause this reaction. If this occurs while drinking the prep, stop drinking the prep temporarily and drink cold, clear liquids. Resume the prep when you feel better. If you vomit more than 30 minutes after drinking the prep, most of it will likely remain in your system and be effective. You may also take an over-the-counter Pepcid 20 mg tablet to help alleviate the symptoms.
* It is important to continue drinking liquids from the approved list until bedtime. The more liquids you can drink, the better the prep will work, and will ensure you are well-hydrated.

THE MORNING OF YOUR COLONOSCOPY _____ @ _____ (5 hours prior to arrival time)
Pour the entire 4.1 ounce (119 gram) bottle of Miralax into the remaining 28 oz Gatorade or Powerade. Drink (1) 8 ounce glass every 10-15 minutes until the mixture is gone. After you have taken your entire dose of prep, please take 2 Gas-X tablets.
You may continue to drink approved liquids until _____. Do not drink anything else until after your procedure. Once you have completed your prep, the results should be light yellow to clear bowel movements with no particles. If your results are not clear, please call the office at 919-870-1311 for further advice.

IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:

- DO NOT DRINK ANYTHING TWO HOURS PRIOR TO YOUR ARRIVAL TIME. You will be receiving anesthesia, and your stomach will need to be empty. drinking too close to your procedure may cause it to be delayed for your safety.
- This procedure requires sedation so you must make arrangements to have a responsible adult 18 years or older bring you to our office, remain at the facility the entire time and drive you home.***This person must remain at our facility until you are discharged. Your colonoscopy will be delayed or cancelled if you are dropped off***
- Please bring your driver's license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 2 - 2 1/2 hours.
- During the remainder of the day, do not plan on: returning to work or school; driving; consuming alcohol, signing legal documents or participating in any activity that requires coordination or balance.
- If you have any questions, or if you have any fever, cough, shortness of breath or Covid exposures within 3 days of your scheduled procedure, please contact our office at (919) 870-1311. We look forward to participating in your health care.