

Miralax/Gatorade - Colonoscopy Prep Instructions

Your bowel prep is very important. Read all instructions carefully before beginning your prep.

The preparation instructions provided here differ from those on your medication packaging. Please ignore the packaging instructions and follow these specific guidelines instead, disregarding instructions you might receive from other clinics or hospitals.

| | | | |
|---|---|---|--|
| <p>1 week before</p> | <ul style="list-style-type: none"> • Read all instructions carefully and call our office if you have any questions. • Purchase the following: <ul style="list-style-type: none"> <input type="checkbox"/> Dulcolax Tablets (total 4 tablets) <input type="checkbox"/> 1 bottle of Miralax and 2 bottles of Gatorade (32oz each) – NOT RED OR PURPLE. <input type="checkbox"/> Zofran (anti-nausea) prescription if your doctor recommended this. <input type="checkbox"/> Clear liquids – see clear liquid guidelines on page 2 • Arrange for someone to pick you up after your procedure. • Adjust medications for weight loss, diabetes, or blood thinners - see the Medication Alert for a list of medications. Call our office for instructions if you are taking these medications. • Stop eating any visible seeds, nuts, or whole grains. • Stop taking vitamins, fiber supplements, and herbal supplements. • Stop taking NSAIDs – Ibuprofen, Aleve, Voltaren, Celebrex, Toradol, Mobic, Motrin • Reduce Aspirin to 81mg a day. • Plan to remove facial and body piercings before arriving at the facility. Failure to do so could result in your procedure being canceled. | | |
| <p>Medication Adjustments</p> | <p>Please check your email for instructions on medication adjustments. If you have any questions about whether to hold medications, please call our office.</p> | | |
| <p>2 days before</p> | <ul style="list-style-type: none"> • Discontinue Alcohol • If you tend to be constipated, take 2 tablespoons Milk of Magnesia at 6pm. • Confirm your ride • Drink plenty of fluids – try to drink 2 liters (about 8-10 glasses) a day. • Eat smaller meals – see below for foods you should avoid or are ok to eat. For a more detailed list, visit our website: www.nwcch.com/colonoscopy-prep. • Start liquid-only diet if you are diabetic <u>and</u> taking: Ozempic, Rybellus, Wegovy, Mounjaro, Zepbound, Byetta, Bydureon, Trulicity, or Victoza – see the next page for liquid diet instructions. <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>Avoid High Fiber Foods:</p> <ul style="list-style-type: none"> • Raw fruits and vegetables • Whole grain bread & crackers • Seeds, nuts, granola • Whole grains, bran, quinoa, oatmeal • Popcorn • Brown or wild rice • Beans, peas, lentils • Coconut • Jam, marmalade • Olives, pickles, relish </td> <td style="vertical-align: top; width: 50%;"> <p>Ok to Eat:</p> <ul style="list-style-type: none"> • Potatoes without the skin, canned or cooked carrots, mushrooms, asparagus tips, turnips • White bread, white pasta and rice • Saltine crackers • Eggs • Well-cooked lean meat (turkey, chicken, lamb) • Fish or Shellfish • Dairy (milk, butter, cheese, yogurt, cream, ice cream without nuts) • Corn flakes, puffed rice, cream of wheat cereals </td> </tr> </table> | <p>Avoid High Fiber Foods:</p> <ul style="list-style-type: none"> • Raw fruits and vegetables • Whole grain bread & crackers • Seeds, nuts, granola • Whole grains, bran, quinoa, oatmeal • Popcorn • Brown or wild rice • Beans, peas, lentils • Coconut • Jam, marmalade • Olives, pickles, relish | <p>Ok to Eat:</p> <ul style="list-style-type: none"> • Potatoes without the skin, canned or cooked carrots, mushrooms, asparagus tips, turnips • White bread, white pasta and rice • Saltine crackers • Eggs • Well-cooked lean meat (turkey, chicken, lamb) • Fish or Shellfish • Dairy (milk, butter, cheese, yogurt, cream, ice cream without nuts) • Corn flakes, puffed rice, cream of wheat cereals |
| <p>Avoid High Fiber Foods:</p> <ul style="list-style-type: none"> • Raw fruits and vegetables • Whole grain bread & crackers • Seeds, nuts, granola • Whole grains, bran, quinoa, oatmeal • Popcorn • Brown or wild rice • Beans, peas, lentils • Coconut • Jam, marmalade • Olives, pickles, relish | <p>Ok to Eat:</p> <ul style="list-style-type: none"> • Potatoes without the skin, canned or cooked carrots, mushrooms, asparagus tips, turnips • White bread, white pasta and rice • Saltine crackers • Eggs • Well-cooked lean meat (turkey, chicken, lamb) • Fish or Shellfish • Dairy (milk, butter, cheese, yogurt, cream, ice cream without nuts) • Corn flakes, puffed rice, cream of wheat cereals | | |

Miralax/Gatorade - Colonoscopy Prep Instructions page 2

| | | | | | |
|---|--|---|---|---|---|
| 1 day before | <ul style="list-style-type: none"> ● Start clear liquid diet when you wake up – do not eat breakfast! See below for acceptable clear liquids. Avoid red, purple, or blue liquids. For a more detailed list, visit our website: www.nwcch.com/colonoscopy-prep. <p style="text-align: center;"><u>Items NOT Okay to Eat or Drink</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ● Solid foods ● Bone Broth ● Dairy/Milk </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ● Alcohol ● Anything colored red, blue or purple </td> </tr> </table> <p style="text-align: center;"><u>Items Okay to Eat or Drink</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ● Clear vegetable, chicken or beef broth/bouillon ● Clear protein drinks such as Premier Protein Clear and Ensure Clear ● Flavored gelatin/Jell-O without fruit ● Gummy bears or hard candy ● Clear sports drinks (Gatorade, Powerade, Propel, etc.) ● Clear Juices (apple or white grape) </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ● Coffee or tea – no cream or milk ● Water (sparkling, plain, seltzer, flavored) ● Coconut water ● Soft drinks ● Crystal Light ● Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert) </td> </tr> </table> | <ul style="list-style-type: none"> ● Solid foods ● Bone Broth ● Dairy/Milk | <ul style="list-style-type: none"> ● Alcohol ● Anything colored red, blue or purple | <ul style="list-style-type: none"> ● Clear vegetable, chicken or beef broth/bouillon ● Clear protein drinks such as Premier Protein Clear and Ensure Clear ● Flavored gelatin/Jell-O without fruit ● Gummy bears or hard candy ● Clear sports drinks (Gatorade, Powerade, Propel, etc.) ● Clear Juices (apple or white grape) | <ul style="list-style-type: none"> ● Coffee or tea – no cream or milk ● Water (sparkling, plain, seltzer, flavored) ● Coconut water ● Soft drinks ● Crystal Light ● Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert) |
| <ul style="list-style-type: none"> ● Solid foods ● Bone Broth ● Dairy/Milk | <ul style="list-style-type: none"> ● Alcohol ● Anything colored red, blue or purple | | | | |
| <ul style="list-style-type: none"> ● Clear vegetable, chicken or beef broth/bouillon ● Clear protein drinks such as Premier Protein Clear and Ensure Clear ● Flavored gelatin/Jell-O without fruit ● Gummy bears or hard candy ● Clear sports drinks (Gatorade, Powerade, Propel, etc.) ● Clear Juices (apple or white grape) | <ul style="list-style-type: none"> ● Coffee or tea – no cream or milk ● Water (sparkling, plain, seltzer, flavored) ● Coconut water ● Soft drinks ● Crystal Light ● Italian Ice, plain popsicles (no pureed fruit, gelato, or sherbert) | | | | |
| <p>At 1:00pm the afternoon before your procedure</p> <p>At 5:00pm the night before your procedure</p> | <ul style="list-style-type: none"> ● PREPARE PREP <ol style="list-style-type: none"> 1. Mix 7 capfuls of MIRALAX in each 32oz GATORADE bottle until dissolved. Store in the refrigerator until this evening. DO NOT ADD ICE. ● START PREP <ol style="list-style-type: none"> 1. Take 4 DUCOLAX tablets. Wait one hour <p>AT 6:00pm:</p> <ol style="list-style-type: none"> 2. Drink 8oz of the MIRALAX/GATORADE mixture every 15 minutes for a total of four glasses (one bottle). 3. Fifteen minutes later, drink an 8oz glass of clear liquid every 15 minutes for a total of two glasses. | | | | |
| <p>Remainder of the evening</p> | <p>CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS ALL EVENING. This is a necessary step to ensure adequate hydration and an effective prep.</p> | | | | |
| Procedure day | <p style="text-align: center;">5 hours before your check-in time</p> <p>CONTINUE PREP</p> <ol style="list-style-type: none"> 1. Take the remaining bottle of MIRALAX/GATORADE mixture by repeating steps 1-2 from the night before. <ul style="list-style-type: none"> ● Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. ● CONTINUE CLEAR LIQUID DIET UNTIL 3 hours prior to your check-in time. ● You may take necessary medications with a small sip of water <p style="text-align: center;">4 hours before your check-in time</p> <ul style="list-style-type: none"> ● By now, your bowel output should be clear, with no stool pieces. It may still be light brown or yellow, but should look more like broth than chocolate milk. If it's not clear or you see stool, take 2 capfuls of Miralax with 16 oz of water. <p style="text-align: center;">3 hours before your check-in time</p> <ul style="list-style-type: none"> ● STOP ALL FOOD AND DRINK (including chewing gum, mints, hard candies, etc) until after your procedure. Having fluids in your stomach, even a lot of saliva, increases your risk for vomiting and possibly aspirating fluid into your lungs while you are sedated. ● Wear loose, comfortable clothing. <u>Remove all jewelry and piercings</u> and leave valuables at home. | | | | |

