

MIRALAX/GATORADE COLONOSCOPY PREP



IMPORTANT

PLEASE READ THESE INSTRUCTIONS ONE WEEK PRIOR (7 DAYS) TO YOUR PROCEDURE.

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to one week in advance. Please read these instructions well in advance of your procedure date. We recommend you post these instructions in a visible location at home to remind you of the various steps you will need to take.

- You will need to take the day off from work.
- You will need someone 18 years of age or older to drive you home after your procedure. **YOU MAY NOT WALK, OR LEAVE BY TAXI, BUS OR BICYCLE.** You cannot drive yourself home because you will receive sedation medication.

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Lovelace Registration department to verify your information and insurance coverage.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

Purchases

- **MiraLax 8.3oz bottle**, available over-the-counter. You do not need a prescription.
- Purchase over-the-counter generic 5mg **Bisacodyl (Dulcolax)** laxative in pill form (not suppositories). These are over-the-counter medications.
- 64 ounces of white, yellow or green Gatorade
- A supply of liquids
- **Optional: Simethicone** anti-gas chewable or soft gel capsules (such as Gas-X, Mylanta Gas, Maalox Anti-Gas or similar products). These are over-the-counter medications.
- You may also want body wipes and A&D ointment (in case you are sore).

One week prior (7 days) to your exam

Stop taking any of the following weight loss medications:

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|-------------|------------|-------------|------------|
| - Ozempic | - Mounjaro | - Victoza | - Bydurion |
| - Trulicity | - Wegovy | - Saxsenda | - Symmlin |
| - Rybelsus | - Soliqua | - Jardiance | |
| - Invokana | - Farxiga | - Byetta | |

Five days prior (5 days) to your exam

- Blood Thinners: Contact the prescribing physician for instructions. Do not discontinue these medications without instructions from your cardiologist, prescribing physician or Coumadin clinic. If your physician does not want you to stop these medications, please notify our office at 505.727.7833.
- If you are diabetic, please contact your prescribing provider for diabetic medication instructions.
- **DO NOT** take the following medications: Alka Seltzer, Pepto Bismol, or Iron supplements

Three days prior (3 days) to your exam

- **DO NOT** eat foods that contain seeds, corn, or nuts.

The day before your procedure

- **DO NOT** eat any solid foods or chew gum. You can only drink clear liquids for breakfast. Avoid red, orange, blue and purple colored Jell-O and Gatorade. This discolors your stool and interferes with the colonoscopy.
- At noon, take 4 Dulcolax 5 mg pills with 8 ounces of water. Continue to drink water throughout the day along with your clear liquids.
- We suggest that you place the gatorade in in the refrigerator. It tends to taste better when it is cold.

The night before

- At 6 p.m., mix Gatorade with the bottle of MiraLax. Make sure you use a separate container for this mixing. Shake the solution until the MiraLax is dissolved. Begin drinking the solution at a rate of one 8 ounce glass every 10 to 15 minutes until you have taken half of the solution. **If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again. Keep drinking plenty of water.**
- If needed, at 8 p.m., take 2 Simethicone anti-gas chewable or soft gel capsule (such as Gas-x, Mylanta Gas, Maalox Anti-Gas or similar products) with 8 ounces of clear liquid. The Simethicone medication reduces bubble formation in your colon and improves exam quality.
- If needed, at 10 p.m., take 2 additional Simethicone tablets with 8 ounces of clear liquid.
- From 10 p.m. -12 a.m., **drink the second half of the MiraLax/Gatorade solution at a rate of one glass every 10 to 15 minutes until you have completed the entire container of fluid. Drink a quart of water when you are finished drinking the prep.**
- **DO NOT DRINK anything after midnight.**

The morning of your procedure

- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications.
- **DO NOT** take any other medications 6 hours prior to the test.
- Bring inhalers, reading glasses, and hearing aids if you use them.
- Remove all jewelry and leave valuables at home.

Normal symptoms you may experience from the preparation:

- You will have diarrhea from the bowel preparation medications. This will start between a few minutes to three hours after you start the prep.
- Because of the diarrhea, you will need access to a toilet once you begin the bowel preparation. Plan your day with this need in mind.
- Most people have bloating and abdominal discomfort. This is normal. Do not be alarmed if you feel these symptoms.
- If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again. If you do not like the taste or the smell of the medicine, try chilling the liquids. Please take the medicine as directed.

Call our office at 505.727.7833 if:

- You cannot complete the bowel preparation as ordered.
- You have the following symptoms after your procedure:
 - Nausea
 - Vomiting
 - Fever
 - Chills
 - Bleeding
 - Abdominal pain

Please contact us at least 72 hours before your scheduled test if you wish to cancel.

Clear Liquid Diet.

You may only drink or eat items on this list:

- Water
- Tea (no milk or cream; sugar is permitted.)
- Carbonated beverages (soft drinks – regular or sugar free.)
- Apple juice
- White grape juice
- Gatorade (no red, purple or orange in color)
- Lemonade (no pulp)
- Limeade (no pulp)
- Clear chicken or beef broth (no meat, vegetables, noodles, rice)
- Bouillon
- Clear consommé
- Snowcones or popsicles (no red, purple or orange in color)
- Hard candy
- Jell-O (no red, purple, or orange in color. Only light colors such as yellow or pink are recommended.)
- **Alcohol and smoking, including marijuana or e-cigarettes, are not permitted.**