

2-DAY MIRALAX COLONOSCOPY PREPARATION

PURCHASE these Over the Counter (OTC) laxatives:

- GATORADE (64 ounces) of lemonade or other clear Gatorade (two 32 oz. bottles)
- DULCOLAX 5mg tablets (four tablets)
- MIRALAX BOTTLE 238 grams (over the counter only)

2-DAYS BEFORE your Colonoscopy: LIQUIDS ONLY

ABSOLUTELY NO SOLID FOOD

- You will be on a clear liquid diet
- This includes dairy products, smoothies, protein shakes, pureed soups, as well as any clear liquids.
- At 5:00 PM drink an entire 10 oz bottle of magnesium citrate (you can buy this over the counter).

1-DAY BEFORE your Colonoscopy: Drink only clear liquids

Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello (no RED or PURPLE), Gatorade, popsicles (no RED or PURPLE)

NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED OR PURPLE JELLO OR JUICES.

9:00 AM: Take 4 DUCOLAX tablets with water

12:00 PM (noon): Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. Shake the solution until fully dissolved. Drink an 8 oz glass every 30 minutes for a total of 6 glasses. You will have 2 glasses left over that you will drink **at 2:00 AM** the morning of your procedure in one hour. This

NOTHING TO EAT OR DRINK AFTER THE SECOND PART OF THE PREP

No Smoking/Vaping, Chewing Gum/Candy or Chewing Tobacco on the morning of the procedure

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME

No Uber, Lyft, Taxi or Bus !

Medications:

Blood Pressure and Seizure Medication is ok to take on the day of your procedure with a tiny sip of water.

Diabetic Patients: You will need to take ½ of the dose of your diabetic medicine the day BEFORE the procedure.

Patients on blood thinners: Stop Medication 5 days prior to the procedure (Plavix , Coumadin, Aggrenox, Heparin, etc.) No Aspirin, Advil, Motrin, Arthritis Medications, Fish Oil, or Iron (Tylenol is okay) 5 days prior to your procedure.

Patients need to stop injectable Semaglutides such as Ozempic, Mounjaro, Wegovy, Saxenda, or Trulicity 7 DAYS prior to the procedure. Daily oral semaglutides such as Rybelsus should be stopped 2 DAYS prior to the procedure.

Patients need to stop taking Phentermine 7 DAYS prior to the procedure.

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

Please call the office within 48 hours to Cancel or Reschedule your procedure to avoid a \$100 charge. If you have any questions, please call Leslie at 469-697-5100

Frisco

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