



MITCHELL ENDOSCOPY CENTER

MIRALAX / GATORADE PREP

READ & FOLLOW ALL INSTRUCTIONS - PLEASE CALL (804) 282-3114 WITH QUESTIONS

YOU MUST STOP TAKING OZEMPIC, TRULICITY, WEGOVY, MOUNJARO, SEMAGLUTIDE, SAXENDA OR ANY OTHER GLP-1 AGONIST AT LEAST 7 DAYS BEFORE YOUR PROCEDURE – YOUR PROCEDURE WILL BE CANCELED IF THIS IS NOT FOLLOWED AS THIS IS A SAFETY ISSUE AND COULD RESULT IN SERIOUS MEDICAL COMPLICATIONS. PLEASE CALL OUR OFFICE WITH QUESTIONS OR CONCERNS.

SUPPLIES NEEDED:

- 4 (5mg) tablets of bisacodyl (Ducolax). These are sold in a box of 10 tablets.
- 1 (238GRAM) BOTTLE OF MiraLAX. This is the 8.3oz bottle of MiraLAX.
- 64oz of any clear liquid – NOT RED, PURPLE or ORANGE. A sports drink like Gatorade or Powerade is the best choice. If you have diabetes, be sure to get a sugar-free clear liquid

I. 3 DAYS BEFORE YOUR COLONOSCOPY:

1. STOP blood thinners, including Coumadin, Plavix, Eliquis, Xarelto, and Brilinta.
2. If you take insulin or a GLP-1 agonist for diabetes, consult your prescribing physician for dosing adjustment.
3. STOP iron supplements. STOP NSAIDs such as ADVIL, MOTRIN, ALEVE, NAPROXYN, MALOXICAM, IBUPROFEN and DICLOFENAC.
4. YOU MAKE TAKE Tylenol and other brands that contain acetaminophen.
5. DO NOT EAT nuts, peanuts, sunflower seeds, fruits or vegetables with seeds. Seeds will remain in the colon even after the preparation. DO NOT EAT potato chips with Olean or Olestra. DO NOT EAT corn, popcorn, lentils, quinoa or beans.

II. THE DAY BEFORE YOUR PROCEDURE:

1. Begin a CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS for the entire day.
2. Clear liquids include water and these other suggestions:

Chicken Broth, bouillon

Apple Juice

Tea, 7-Up, Ginger Ale, Sprite, Mountain Dew – Diet OK

Clear Gatorade or Flavored Water

Jello – lemon, lime or pineapple flavors only

Popsicles – Lemon and Banana

White Grape Juice

Lemon Italian Ice

White Cranberry Juice

3. MIX all 238grams of MiraLAX powder with 64oz of room temperature Gatorade until the MiraLAX powder dissolves. Once the MiraLAX is dissolved, you can put the mixture in the refrigerator.
4. You may not drink any milk or dairy products including milk or cream in your tea or coffee. You may not have anything that contains red, purple, orange or blue dyes.
5. YOU MUST CONSUME 2 LITERS OF FLUID OR MORE THE DAY BEFORE YOUR PROCEDURE. Try to drink at least 1 (8oz) glass every hour while you are awake

AT 7:00pm THE DAY BEFORE YOUR PROCEDURE – TAKE 2 BISACODYL TABLETS WITH A GLASS OF WATER

AT 7:15pm THE DAY BEFORE YOUR PROCEDURE – DRINK 1 (8oz) GLASS OF THE MIRALAX MIXTURE. DRINK ANOTHER GLASS AT 7:30pm, 7:45pm and 8:00pm

DAY OF PROCEDURE: FIVE HOURS BEFORE YOUR TEST TAKE 2 BISACODYL TABLETS WITH A GLASS OF WATER AND FOLLOW WITH THE REMAINDER OF THE MIRALAX MIXTURE UNTIL FINISHED.

DO NOT CONSUME ANYTHING 3 HOURS BEFORE PROCEDURE, INCLUDING MEDICATIONS, WATER OR ICE. DO NOT SUCK ON MINTS OR CHEW GUM.

DUE TO SEDATION, YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN IN THE OFFICE UNTIL YOUR PROCEDURE IS COMPLETE. YOU CANNOT DRIVE!! You will be allowed to take a taxi or bus if accompanied by an adult you know. Your entire procedure should take approximately 90 minutes. If these instructions are not followed, your procedure may be canceled.