

GATORADE/MIRALAX PREP:

Go to the pharmacy several weeks before your colonoscopy to be well prepared. Purchase the following products:

1. Miralax 1 bottle 238 grams
2. Dulcolax (Bisacodyl) 4 pills, 5mg tablets
3. Gatorade or Crystal Light Lemonade 60-64 ounces total. Some stores will have 20 oz, 28 oz or 32 oz bottles. As long as the total amount is between 60-64 ounces, you will be fine. Do not buy red or purple.
4. Simethicone 125mg x 1 pill.
5. Magnesium Citrate 10 fluid ounce x 1 bottle.

Arrange for a ride. You will NOT be allowed to drive home after the procedure. From check in to exiting the facility, your ride should allot 2-3 hours.

1 Week before the colonoscopy:

Eat a low residue diet. Do NOT eat the following:

1. Raw (uncooked) fruits and vegetables.
2. Seeds (sesame, poppy, chia, etc)
3. Whole grains (oatmeal, brown rice, quinoa, wheat breads)
4. Corn (canned or popcorn)
5. Nuts

Medications:

If you are on blood thinners, you will be instructed to hold the blood thinner for several days before the procedure. Some examples include Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban) and Effient (Prasurgrel). I may get clearance from your cardiologist or hematologist prior to holding these types of blood thinners before your colonoscopy.

Any iron supplements need to be held 7 days before your colonoscopy.

Any GLP-1 agonists or SGLT-2 inhibitors agents including Wegovy, Ozempic, Mounjaro, Zepbound, Trulicity, Bydureon need to be held 7 days before colonoscopy.

One day before colonoscopy:

Do not eat any solid foods for breakfast, lunch or dinner.

You must be on a clear liquid diet. Clear liquid diet includes the following:

1. Water
2. Broth
3. Juices without pulp
4. Jello/Gelatin
5. Tea/Coffee without creamer or milk
6. Clear sodas
7. Gatorade/Powerade (except red or purple color)
8. Popsicles without solid pieces of fruit
9. Hard candy

Do NOT drink any ETOH the day before the colonoscopy.

4PM one day before colonoscopy:

Take 4 Dulcolax pills with water.

Mix the entire bottle (238 grams) of Miralax in a large container. Then add the entire 60-64 ounces of the Gatorade or Crystal light lemonade into the large container. Stir well and place the container in the refrigerator.

6PM one day before colonoscopy:

Drink 32 ounces of the refrigerated Miralax mixture by doing the following:

1. Drink 8 ounces every 15-30 minutes.
2. If you begin to feel nauseous, stop drinking the mixture and give yourself a 30min to 1 hour break. It is better to keep the solution down than vomit it up.

6 hours before arrival time:

You will need to drink the 2nd dose of the prep which is 32 ounces of the refrigerated Miralax mixture.

This needs to be done 6 hours before arrival time. You may need to wake up to complete this 2nd portion. See the chart below for help.

For instance, if your colonoscopy arrival time is at 9 AM, you will need to wake up at 3 AM and finish the 2nd dose by 5 AM.

Drink the SECOND 32 ounces of the refrigerated Miralax mixture by doing the following:

1. Drink 8 ounces every 15-30 minutes.
2. If you begin to feel nauseous, stop drinking the mixture and give yourself a 30 minute to 1 hour break. It is better to keep the solution down than vomit it up.

Scheduled arrival time	START your remaining prep at:	Complete entire prep by:
7 AM	1 AM	3 AM
8 AM	2 AM	4 AM
9 AM	3 AM	5 AM
10 AM	4 AM	6 AM
11 AM	5 AM	7 AM
12 PM	6 AM	8 AM
1 PM	7 AM	9 AM
2 PM	8 AM	10 AM
3 PM	9 AM	11 AM
4 PM	10 AM	12 AM

After finishing the 2nd dose of the Gatorade/Miralax prep, take 1 pill of the Simethicone 125mg.

1 hour after finishing the 2nd dose of the Gatorade/Miralax prep, if your bowel movements are not clear or light yellow, take 1 bottle of Magnesium Citrate.

Do not drink anything within 2 hours of your arrival time.

Day of your procedure:

1. Wear light and comfortable clothing.
2. Do not eat or drink anything the morning of the procedure.

3. Take any medications with small sips of water.
4. Do not drink any liquids within 3 hours before your arrival time.
5. You can brush your teeth.
6. You will show up at the facility and register at the front desk.
7. You will be taken to the preoperative area.
8. A nurse will place an IV in your arm.
9. You will be taken back to the procedure room where I will greet you. We will discuss the reason for the procedure and answer any questions you may have.
10. The anesthesiologist will administer anesthesia medications. You will not feel any pain or discomfort.
11. The colonoscopy can take anywhere from 20 minutes or more depending on your anatomy and number/size of polyps.
12. After the procedure, you will be taken to the post procedure recover area. Your family member/friend/ride will be allowed to sit at your bedside.
13. I will come out and explain all your findings and discuss next steps if necessary.
14. If you had any polyps removed or biopsies done, my office will connect with you in 1-2 weeks to explain your results. I will review those results to determine when your next colonoscopy should be done.

After the colonoscopy, we recommend that you take it easy. Do NOT drive, drink alcohol or operate heavy machinery.

The day after the procedure, you will be allowed to resume normal activities.