Summit Health®

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MiraLAX/Gatorade Zero or Electrolyte Water Colonoscopy Prep

PURCHASE AT THE PHARMACY (over the counter):

- 4 (Four) Dulcolax tablets. (Laxative Overnight Relief)
- Total of 390 grams of MiraLAX powder
- Total of 80oz of Gatorade Zero (Lemon, Lemon-Lime or Orange) or electrolyte water (Propel, Life water, Smart water)

ONE WEEK BEFORE YOUR PROCEDURE:

- For patients who are constipated or do not have a bowel movement daily, every night for 5 days prior to the procedure, put one dose of MiraLAX powder (17grams) into 8oz of water and drink before bedtime.
- **DO NOT** take any iron, Vitamin E, Multi-vitamins, Supplements, or anti-inflammatory medications such as Aleve, Advil, or Ibuprofen. If necessary, Tylenol is OK.

Important Medication Information:

- If you are taking aspirin for medical reasons, you should continue to take it up until the day prior to the procedure. If the dose exceeds 325mg daily, please contact the office. Do not take any extra over-the-counter aspirin for 7 days prior to the procedure.
- Blood thinners: Will be directed by doctor with instructions on when to stop.
- Diabetic patients: Contact your primary medical doctor for instructions
- Blood pressure, seizure, and heart medications can be taken the morning of the procedure with a sip of water

Diabetic and Weight Loss medications that must be held prior to your procedure:

• Ozempic	Wegovy	Saxenda	Victoza	Trulicity	Mounjaro
• Byetta	Rybelsus	Adlyxin	Xultophy	Soliqua	Zepbound

ALL GLP MEDCIATION MUST BE STOPPED **8** DAYS PRIOR TO THE PROCEDURE

If this medication is being taken for diabetes management, then please consult with the prescribing physician for alternative means of glucose control.

All medications may be restarted after surgery.

**** Please note, because of how important this is for your safety, failure to stop this medication will result in postponement of your surgery ****

THREE DAYS BEFORE YOUR PROCEDURE AVOID:

- **ROUGHAGE** (raw fruits, vegetables, and salads) Cooked and canned fruits or vegetables are allowed, should be soft.
- **FIBER FOODS** (whole grains, whole grain cereals, oatmeal, and nuts).

DAY PRIOR TO PROCEDURE:

- **DRINK CLEAR LIQUIDS ONLY** such as water, electrolyte water, Gatorade (lemon or orange), light tea, seltzer, club soda, ginger ale, Sprite, 7-Up, white grape juice, white cranberry juice or apple juice.
- Clear chicken broth or bouillon, Jell-O (lemon or orange) and ice pops (lemon or orange) are allowed.
- **DO NOT EAT ANY SOLID FOOD, DO NOT DRINK ANYTHING RED, PURPLE OR DARK, NO MILK/MILK PRODUCTS, NO COFFEE, NO RED CRANBERRY OR GRAPE JUICE.**
- **3:00 PM:** Take 2 Dulcolax tablets (laxative)
- **6:00 PM:** Mix 7 doses of MiraLAX (119 grams) into 32oz of Gatorade Zero or electrolyte water. You will then drink 8oz every 15 minutes until finished.
- **10:00 PM:** Take 2 Dulcolax tablets (laxative)

SIX (6) HOURS BEFORE THE PROCEDURE:

- Mix 7 doses of MiraLAX (119 grams) into 32oz of Gatorade Zero. You will then drink 8oz every 15 minutes until finished.

FOUR (4) HOURS PRIOR TO YOUR PROCEDURE:

If your stool is still not clear, as a final step, mix 4 doses of MiraLAX (68 grams) into 16oz Gatorade Zero or electrolyte water then drink within 30 minutes until finished.

Nothing by mouth 4 hours prior to procedure unless your stool is not clear and final step is needed. Otherwise, nothing to eat or drink, not even water, 4 hours prior to procedure.

For further information visit the website. http://www.webmd.com/colorectal-cancer/video/colonoscopy

Good preparation is very important for your doctor to thoroughly examine your colon.

Any question please call the office.