

Dr. Frederick Shieh, Livingston

Simple Colonoscopy Preparation Instructions (MiraLAX/Gatorade)

BEFORE YOUR PROCEDURE

3 Days Before

- Start a low-fiber diet.
- Avoid nuts, seeds, popcorn, and leafy vegetables.

Medication Instructions

- Stop GLP-1 medications (Ozempic, Wegovy, Mounjaro, Zepbound, Rybelsus) 8 days before your procedure.
- Stop iron supplements 5 days before your procedure.
- Follow your doctor's instructions for blood thinners.
- Continue aspirin unless told otherwise.
- Ask your doctor about insulin or diabetes medications.

DAY BEFORE YOUR PROCEDURE

Breakfast

You may have a light, low-fiber breakfast before noon:

- Eggs
- White bread or toast
- Plain bagel
- Plain yogurt
- Coffee or tea (no cream)

After 12:00 PM

Clear liquids only.

Allowed:

- Water
- Clear broth
- Gatorade or electrolyte drinks (not red or purple)
- Apple juice or white grape juice
- Black coffee
- Plain tea
- Yellow or orange Jell-O
- Popsicles (not red or purple)

Do NOT have:

- Solid food
- Milk or cream
- Smoothies
- Red or purple liquids
- Juice with pulp

PURCHASE

- MiraLAX 238 grams.
- Gatorade Zero or electrolyte drink – 64 ounces total (not red or purple).
- Dulcolax 5 mg tablets (4 tablets).

PREP SCHEDULE**5:00 PM**

- Take 4 Dulcolax tablets.

6:00 PM

- Mix half of the MiraLAX (119 grams) with 32 ounces of Gatorade.

Drink:

- 8 ounces every 15 minutes until finished.

6 Hours Before Procedure

- Mix the remaining 119 grams of MiraLAX with 32 ounces of Gatorade.

Drink:

- 8 ounces every 15 minutes until finished.

IMPORTANT

4 Hours Before Procedure

Nothing by mouth.

Do NOT eat or drink anything, including:

- Water
- Coffee
- Tea
- Gum
- Candy

Day of Procedure

You may take approved morning medications with a small sip of water at least 4 hours before your procedure.

Bring:

- Photo ID
- Insurance card
- Medication list
- Name and phone number of your driver

You must have a responsible adult (18+) take you home.

After Your Procedure

- Start with a light meal.
- Drink fluids.
- Do not drive until the next day.
- Biopsy results, if taken, are usually available within 2 weeks.