



# COLONOSCOPY PREP INSTRUCTIONS



## Dr. Ingle's 2-Day MiraLAX & Gatorade Preparation Instructions

*2841 DeBarr Road*

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*Anchorage, AK 99508*

*Phone: (907) 276-2811*



### Please call the office if:

- ⊘ You had a heart attack in the last year
- ⊘ You have any heart or blood vessel (vascular) stents
- ⊘ You had a blood clot in the last year
- ⊘ You recently had a medical procedure done
- ⊘ You are on an anticoagulant (blood thinner) such as the following, or similar: Plavix (Clopidogrel), Coumadin (Warfarin) Lovenox (Enoxaparin), Eliquis, Xarelto, or Pradaxa

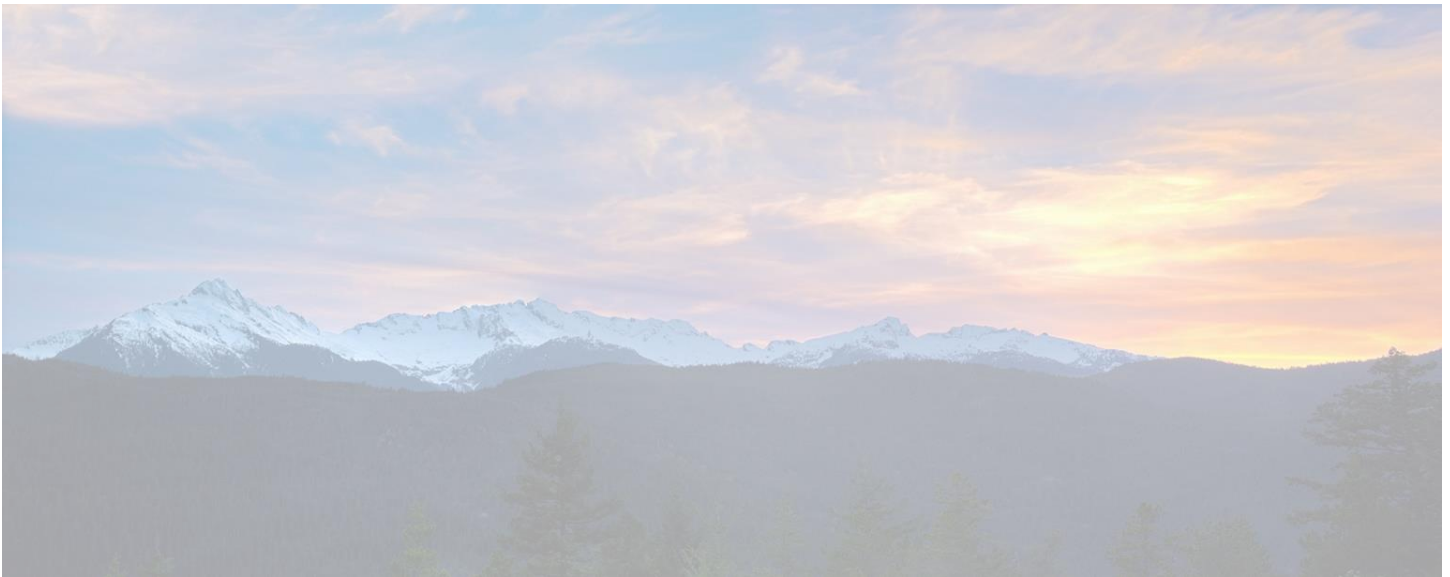
### 7 Days before the procedure stop taking or eating the following:

- Products containing iron, including iron supplements and multivitamins with iron
- Food with seeds, nuts, popcorn, etc.
- All GLP-1 agonist medications such as Ozempic, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

### 5 Days before the procedure stop taking or eating the following:

- Herbal supplements (like garlic, ginger, ginseng, etc.)
- NSAIDS (these include but are not limited to: Ibuprofen, Advil, Motrin, Naproxen, Aleve, etc.)

**Here's a tip!** If you aren't sure if the medications you're taking are included in these lists, reach out to the Internal Medicine office at (907)-276-2811. Your doctor's staff can help you determine if the medications are included and whether you need to stop taking them.



**Purchase these items from any grocery store or pharmacy:**

**Please note: you do not need a prescription for these items**

Four (4) 125mg or 500mg tablets of generic GasX



A total at least 476 grams (16.7oz) of MiraLAX  
(This can be either two 238 gram [8.3 oz] bottles,  
or one 510 gram [17.9 oz] bottle)



At least 12 cups (96oz) of your fluid of choice,  
such as Gatorade, Propel, or Vitamin Water,  
or Coconut water without particles  
(not Coconut milk) for diabetic patients this may  
include a sugar-free liquid.



Two (2) 10-ounce bottles of Magnesium Citrate



# 2 DAYS BEFORE Your Procedure

## AT 6PM STOP EATING ALL SOLID FOODS

At 6PM drink two (2) 10-ounce bottles of Magnesium Citrate slowly over a two (2) hour period. Note: This prep will cause diarrhea, mild abdominal cramping, nausea, and a feeling of fullness.

Begin drinking only Clear liquids. Please refer to the following guidelines:

### Clear Liquid Guidelines

Anything you can see through is okay to eat or drink, as long as it has no particles. Food/drink that are okay include:

- Black coffee (no espresso, cream, or dairy)
- 7-up, Sprite, Ginger Ale
- Apple juice or **white** grape juice (NO red/purple grape juice)
- Chicken or beef broth – no cream or dairy soups
- JELLO – any flavor
- Popsicles – any clear liquid flavor (NO yogurt or fruit bars)
- Gatorade – any flavor
- Water (this can include Propel, Vitamin Water, or coconut water, but it must be clear with no particles)





# 1 DAY BEFORE Your Procedure

Continue on the clear liquid diet. You may ONLY have clear liquids today.

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1. At 5:00 PM mix your first dose of MiraLAX prep: either mix one full 8.3 oz bottle of MiraLAX or half of a 17.9 oz bottle into 64 oz (64 oz = 8 cups) of Gatorade, or clear liquid of your choice. Stir until the MiraLAX is dissolved. Drink an 8 oz (1 cup of liquid) glass every 10-15 minutes until the solution is gone.



Prepare your 2<sup>nd</sup> dose by mixing either 4.1 oz or half of an 8.3oz bottle of MiraLAX into 32oz (32oz = 4cups) of Gatorade, or clear liquid of your choice and refrigerate.

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2. Continue the clear liquid diet until 11:59 PM

**Here's a tip!** As you drink the liquid you may feel the need to use the bathroom or become nauseous. It is a good idea to stay near a bathroom while drinking the prep mixture.

If you vomit, try slowing how fast you drink your prep. If your vomiting is excessive, please contact Internal Medicine Associates immediately.

## On THE DAY OF Your Procedure

- Before starting your second dose of prep, take the four tablets of GasX. Six (6) hours before your procedure start time, complete the 2<sup>nd</sup> dose of MiraLAX prep and complete within 2 hours. Then **nothing by mouth** until after your procedure. Nothing by mouth means nothing in your mouth, including: **water, gum, hard candy, toothpicks, cigarettes, tobacco, and vapes**. Your prep should be completed. Please be sure to finish this prep 4 hours before your procedure. Your stool should be yellow and clear, and you should be able to see the bottom of your toilet (please reference the chart below)
- ONLY necessary, regularly prescribed medications (i.e., Blood pressure and heart medications) may be taken the morning of your procedure with the **smallest amount of water possible**. No later than 4 hours prior to your procedure start time (If you are a diabetic patient or are unsure if your medications can be taken that morning, please confirm with your physician)



### Please Note:

- You must have a driver over the age of 18 who will drive (or escort) you home after your procedure.
- You should not work, drive, or make any major decisions for up to 12 hours after the procedure.
- For your safety you cannot be released to a taxicab, bus, Lyft, Uber, or any other form of public transportation by yourself.
- To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULTS IN A CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250 FEE**