



COLONOSCOPY PREP INSTRUCTIONS



Dr. Ingle's MiraLAX & Gatorade Preparation Instructions

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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

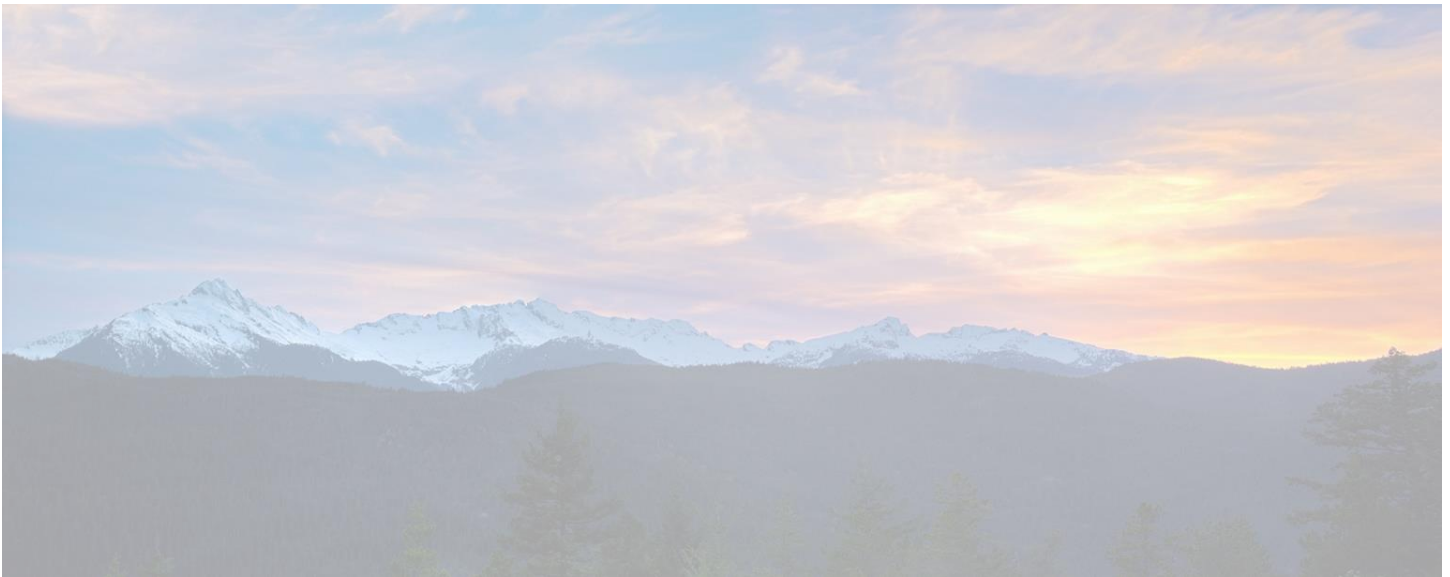
7 Days before the procedure stop taking or eating the following:

- Products containing iron, including iron supplements and multivitamins with iron
- Food with seeds, nuts, popcorn, etc.
- All GLP-1 agonist medications such as Ozempic, Rybelsus, 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.) you may continue taking Tylenol or Acetaminophen when necessary

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

Dulcolax laxatives



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.



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



GOAL OF PREP: is a clean colon with no visible stool. The camera cannot see through stool. You **will** get diarrhea with this preparation.

1 DAY BEFORE Your Procedure

STOP EATING ALL SOLID FOODS

You may only have clear liquids starting when you get out of bed in the morning. 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 or purple grape juice)
- Chicken or beef broth – no cream or dairy soups
- JELLO – any flavor
- Popsicles – any clear liquid flavors (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

1. At 10:00 AM
Take two (2) Dulcolax tablets by mouth.
Continue clear liquid diet.



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2. 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 2nd 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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3. 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 2nd dose of MiraLAX prep 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