

Colonoscopy Prep Instructions - Miralax®/Gatorade® Preparation

Location: ☐ **Wantagh Office**
1488 Wantagh Avenue
Wantagh, NY 11793

☐ **Meadowbrook Endoscopy Center**
865 Merrick Avenue, Suite 150N
Westbury, NY 11590

☐ **Other**

Procedure Date: _____ Time: _____ *Be flexible. Time may change.

Follow-Up Appointment Date: _____ Time: _____ Virtual or 2155

1. 7 days before the procedure

- No aspirin, ibuprofen products, vitamin E, multi-vitamin, fish oil
- *Tylenol products are allowed.*
- Take all other medications as prescribed, unless instructed otherwise by the physician.
- Do not consume nuts, beans, seeds or corn.
- Discontinue Trulicity, Wegovy, Ozempic, Zepbound, Semaglutide, Saxenda, Tirzepatide and Rybelsus at least **7-8 days** before the procedure.

2. 1 day before the procedure

- The day before the procedure, you **may not have any solid food** from the time you wake up until you go to bed. **Drink ONLY clear liquids all day (no red or purple).**
- At **3pm**, take four (4) Dulcolax® laxative tablets (green box that's labeled "Gentle, Predictable Overnight Relief").
- At **4pm** you will begin drinking the Miralax® laxative preparation:
 - In a pitcher, dissolve a 238-gram bottle of Miralax® in 64 ounces of Gatorade®. No red or purple flavors.
 - Mix well until the Miralax® is dissolved; do not add ice.
 - You may substitute Crystal Light® lemonade or iced tea for the Gatorade®.
 - Between 4 and 6pm, drink one 8 ounce. glass of the mixture every 20-30 minutes, until halfway through the solution.
- Between **6pm and 7pm**, you will break from drinking the solution for one hour.
- Between **7pm and 9pm**, resume drinking one glass of mixture every 20-30 minutes until complete.

Please do not eat or drink anything after midnight

3. Day of procedure

- Upon awakening, take your blood pressure medicine (if applicable) with a sip of water.
- No gum chewing or hard candy.
- Bring your **medication reconciliation** sheet or a list of your medication, including dosage, with you.
- Bring your **insurance card and photo ID**.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- **An adult must drive you home from your procedure.** You are not allowed to use an Uber, Lyft or other ride-sharing service home from your procedure.
- **You will be unable to drive or work for the remainder of the day after your procedure.**

Due to our inability to fill surgical spots with short notice, cancellations within 48 hours of their scheduled time may be subject to a \$150 cancellation fee.

Clear Liquid vs. Not Clear Liquid

Clear Liquid	Not Clear Liquid
<ul style="list-style-type: none"> • Gatorade, Pedialyte or Powerade • Clear Broth or Bouillon • Coffee or Tea (No milk or nondairy creamer) • Apple juice and other clear fruit flavored drinks • Jell-O, Popsicles, Hard Candy 	<ul style="list-style-type: none"> • Red or purple items of any kind • Alcohol • Milk or Nondairy creamers • Noodles or vegetables in soup • Juice with pulp • Liquid you cannot see through

Tips:

- Eat light foods starting a few days before your procedure. This can make the prep easier.
- Drink your solution through a straw
- The more liquids you consume the better and easier the cleansing process.

Special Instructions:
