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# Miralax Split Dose Prep

**Southwest Endoscopy**

**7788 Jefferson St NE, Albuquerque, NM 87109**

*Please call to confirm appointment 505-999-1600*

Appointments missed or cancelled with less than 4 business days will result in a \$200 fee in accordance with applicable office policies.



To make your check-in easier, scan the QR code to review all required forms before your procedure, including informed consent, patient rights, and anesthesia consent. You will sign these at check-in. If you're unable to scan, the forms will be available when you arrive.

**The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.**

**Important:** Review this guide at least one week before your procedure. Do not follow the directions on the Polyethylene Glycol 3350 OTC or Miralax bottle—only use the instructions provided here. Adherence to these instructions and full completion of the preparation process are necessary for optimal bowel cleansing.

**Blood Thinners:** If you are taking any blood thinners and this was not discussed with your doctor's office at the time of scheduling, *please call us at least 5 days before starting your preparation*. These include, but are not limited to, Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Arixtra (Fondaparinux), and Effient (Prasugrel).

**Insulin Users:** If you are taking insulin and this was not discussed at the time of scheduling, you must contact your prescribing physician at least 5 days before beginning the preparation.

**Iron Supplements:** Stop taking any iron supplements, including those in multivitamins, 7 days prior to your procedure.

**GLP-1 Medications:** If you are taking any GLP-1 medications such as Dulaglutide (Trulicity), Liraglutide (Saxenda), Exenatide (Byetta, Bydureon Bcise), Tirzepatide (Mounjaro, Zepbound), Semaglutide (Ozempic, Wegovy, Rybelsus), Lixisenatide (Adlyxin), or Albiglutide (Tanzeum), **DO NOT STOP** taking and you must have a clear liquid diet the day before your procedure.

**Diabetic Medications:** If you are diabetic, do not take your diabetic pills the evening before or the day of your colonoscopy.

**All Other Medications:** Continue all other prescribed medications daily prior to the procedure. On the day of your colonoscopy, it is okay to take them with a small sip of water.

**Pain Relievers:** You may continue aspirin, Tylenol, and NSAIDs including ibuprofen, Motrin, Aleve, Naproxen, Celebrex, or Mobic.

**Transportation Requirement:** You must arrange for a responsible adult to drive you home after the procedure. You will not be allowed to drive yourself, and may not take Uber, Lyft, taxi, or public transportation unless accompanied by an adult companion.

## 1 week prior to your procedure purchase the following:

- 1 bottle of over-the-counter Miralax Powder (Polyethylene glycol 3350), 8.3 oz. – No prescription is needed for Miralax (Polyethylene glycol 3350)
- Dulcolax (Bisacodyl) Laxative 5mg tablets (Get Bisacodyl NOT Sodium) (4 tablets)
- 1 64 oz. Gatorade, Gatorade Zero (Sugar free) or G2 (Less sugar) – No red or purple
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment or Vaseline.
- Clear liquids



When purchasing Dulcolax (Bisacodyl) tablets, **ensure you purchase the Dulcolax (Bisacodyl) Laxative** tablets, not the Dulcolax (Bisacodyl) stool softener tablets, as shown in the images above and below.

- You will need your current insurance card, picture ID, and copayment.
- Please leave all valuables at home or with your driver.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test

All patients must check in for their procedure 60 minutes before the procedure time. For example, if your procedure is set for 7 a.m., please check in at 6 a.m., as our office opens at 6 a.m. Please allocate 2-3 hours for your visit.

**\*\*Common symptoms from colonoscopy prep include nausea, vomiting, and chills. If you experience severe nausea or vomiting, pause ALL oral intake including your preparation and resume in 1-2 hours. If you continue vomiting, you may call the on-call doctor for guidance\*\***

For questions regarding you prep please contact the number below.

**GiftHealth Patient Support Call Center:**

**M-F 8AM-9PM EST**

**Sat 8AM-2PM EST**

**1-833-614-4438**

**7 days prior to procedure**

**3 days prior to procedure**

**2 days prior to procedure**

**1 day prior to procedure**

**Day of procedure**

**Special Notes:**  
Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.

**STOP:**  
iron supplements or vitamins that contain iron

**STOP:**  
fish oil, krill oil or shark oil supplements.



**STOP** eating any vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.

You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

Purchase clear liquid diet items, ointment, reading material, etc.



Continue to avoid vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.

Confirm arrangements with your driver.

**NO SOLID FOODS AFTER MIDNIGHT**

**NO SOLID FOODS**  
**NO ALCOHOL**

**Clear liquids only** from the time you wake up until after your procedure. A clear liquid diet is necessary for a colonoscopy.

Drink plenty of water and liquids throughout the day to avoid dehydration.

Detailed, step-by-step instructions continue on page 4.

8 hours prior to your procedure

Begin drinking the remaining **32oz** of prep solution.

**Remember, you will not have any solid foods this day.**

Do not drink **6 hours prior** to your procedure except for your usual medication with no more than 2 oz of water 2 hours prior to your procedure.

Do not skip heart, blood pressure or seizure medications.

**Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

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| <p><b>Approved</b></p> <ul style="list-style-type: none"> <li>• Sodas, coffee, tea clear juices, fitness waters.</li> <li>• Popsicles without pulp.</li> <li>• Chicken, vegetable, and beef broth, Gelatin.</li> </ul> | <p>•••••</p> | <p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• No milk/dairy</li> <li>• No juices with pulp</li> <li>• No RED or PURPLE</li> </ul> |
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## Prep Day: The day before your procedure

1

**12:00 PM** the day prior to your procedure.

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.

**You will not drink until step 4.**



2

**12:00 PM** the day prior to your procedure.

Take 4 (5mg) Dulcolax(Bisacodyl) tablets with a glass of water.

**Please note you will only need 4 tablets total**



3

**4:00 PM** the evening prior to your procedure.

Mix together the **ENTIRE BOTTLE** of Miralax (Polyethylene glycol 3350) (8.3oz/238 g) with 64 oz. of the chilled Gatorade.



4

**4:00 PM** the evening prior to your procedure.

Drink an 8 oz. glass of the solution every 10-15 minutes until you have finished drinking the **HALF OF MIXTURE (32 oz.)**.



## Prep Day: The day of your procedure

5

**8 hours** prior to your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)**

Drink an 8 oz. glass of the solution every 10-15 minutes **until gone.**

**You must finish the entire prep, even if your bowels are already clear.**

