

NEWBURYPORT GASTROENTEROLOGY

Phone: 978-465-4622

Fax: 978-465-4111

MiraLAX/Gatorade Bowel Preparation Instructions

Thank you for choosing Newburyport Gastroenterology for your colonoscopy. We want to make sure that your procedure goes as smoothly as possible. **Please read all of the instructions in this packet at least 1 week prior to your colonoscopy.** All instructions should be followed or your colonoscopy may be cancelled. If you have any questions, please call us at 978-465-4622.

Arrival Time: We will confirm your arrival time 4 days before your procedure.

Procedure Location: Anna Jaques Hospital, 25 Highland Avenue, Newburyport, MA 01950

- Most patients are ready for discharge within 2 ½ hours of the scheduled arrival time but occasionally unforeseen events occur that could result in delays. You will be informed of any potential delays when you arrive.
- Your escort should be available to meet you within 30 minutes after we call.

Plan Ahead

- ☐ Arrange for an adult escort to take you home after your procedure.
- ☐ Read your prep instructions carefully. Plan to buy any items you will need for your prep.
- ☐ Please note that Anna Jaques Hospital policy requires that women up to age 55 years old have a pregnancy test prior to having any endoscopic procedure. When you arrive for your procedure, a registered nurse will screen you for the test and if needed, request that you provide a urine sample.
- ☐ Read the information about the day of your procedure in this packet. It will tell you what to bring.

It is very important that you keep this appointment. If you must cancel, please call us at least 5 business days before your appointment by calling 978-465-4622. Calling ahead allows us to reschedule your appointment and give that slot to another patient.

Shopping List and Diet

This sheet tells you what you will need to clean your bowels so that your doctor can see polyps or other problems inside your colon. If your bowels are not clean, you may have to reschedule your test. If you have questions about this colonoscopy prep, call your gastroenterologist.

Items you will need to buy one week before the colonoscopy:

- ☐ **Laxative powder.** Pick up a 238-gram bottle of polyethylene glycol (any brand is fine including generic or brand name MiraLAX) over the counter 5-7 days prior to your procedure. Do not mix it with liquid until the afternoon before your procedure.
- ☐ **Laxative pills.** Pick up Bisacodyl 5mg pills (any brand is fine including generic or brand name Dulcolax). You will need a total of 2 of these pills.
- ☐ **Simethicone anti-gas pills.** Any brand is fine. Examples include Gas-x, Mylanta Gas or Maalox Anti-Gas. You will need a total of 4 of these pills.
- ☐ **Gatorade.** Pick up a 64 oz bottle of Gatorade. Any flavor is fine but avoid the colors red, orange or purple.
- ☐ **Milk of magnesia.** If you move your bowels 2 times a week or less or if you use a laxative more than 2 times a month, buy a bottle of milk of magnesia.

Diabetic Patients

- If you take pills to control your blood sugar such as Glipizide, Glucotrol, Metformin, Actos, Januvia or others, do not take it on the day of the colonoscopy.
- If you are taking regular insulin or NPH insulin, do not take it on the day of the colonoscopy.
- If you take other insulin medications such as Lantus, Humalog or 70/30 insulin, it is recommended that you take ½ your usual dose the evening before your colonoscopy and none the day of the procedure.
- If you are taking GLP-1 medications such as Saxenda, Byetta, or Victoza, stop the day of the procedure.
- If you are taking GLP-1 antagonists such as Wegovy, Ozempic, or Trulicity weekly, you will need to hold this one week prior to the procedure.

One week before the procedure – Patients on blood thinners

- If you use Aggrenox, Arixtra, Coumadin, Warfarin, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anti-coagulant), please follow the instructions for stopping or not stopping these medications that were provided by your gastroenterologist.

If you did not receive instructions, or have additional questions, please call the office at 978-465-4622.

- If you take a daily dose of aspirin, there is no need to discontinue it unless your gastroenterologist specifically told you to do so.
- If you take NSAID's such as Naprosyn, Aleve, Ibuprofen or Advil, these do not need to be discontinued unless your gastroenterologist specifically told you to do so.

Seven (7) days before your procedure:

If you take iron pills, vitamins and/or herbal supplements, stop taking them 7 days before your procedure.

Three (3) days before your procedure:

Start your low fiber / low residue diet now. Don't eat popcorn, seeds, nuts, salad, corn, beans, peas, whole grain or wheat breads, raw fruits or raw vegetables (well-cooked fruits and vegetables are acceptable) until after your procedure.

Two (2) days before your procedure:

If you move your bowels 2 times a week or less or if you use a laxative more than 2 times a month, at **bedtime**, take 4 tablespoons of milk of magnesia.

One (1) day before your procedure:

Follow a clear liquid diet only. Clear liquid is any liquid that you can see through. Do not drink any red, purple or orange liquids. Examples of clear liquids include: water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, and sports drinks like Gatorade and Jell-O.

Remember, the day before your procedure, don't drink or eat:

- solid foods
- dairy products
- alcoholic drinks

4pm (the day before your procedure)

- Take 2 bisacodyl pills with water

6pm (the day before your procedure)

- Mix the entire 238-gram container of polyethylene glycol/MiraLAX powder with 64 ounces of Gatorade. (Remember to avoid red, orange or purple drink colors as above).
- Drink half of the laxative container.
- Start by drinking 8 ounces, which is 1 cup of the laxative.
- Repeat this drink every 10 minutes until you have had about ½ of the total container of laxative.
- Keep drinking the laxative on schedule even though you may not start moving your bowels for 2-3 hours.
- Put the remaining ½ of the container in the refrigerator to be taken the next morning.

9pm (the day before your procedure)

- Take 2 gas pills (Simethicone) with 8 ounces of clear liquid.

Day of your procedure:

If your arrival time is early in the morning, you will need to finish drinking the laxative in the early morning hours even if this means you will not get much sleep.

6 hours before your scheduled procedure time

- Drink the second half of the laxative mixture of MiraLAX/Gatorade.
- Drink 8 ounces, which is 1 cup of the laxative.
- Repeat this drink every 10 minutes until the laxative is gone.
- You must drink ALL the laxative by 3 hours before your procedure time.
- Take 2 gas pills (Simethicone) with 8 ounces of clear liquid.

3 hours before your scheduled procedure time

- Stop drinking all liquids.
- Do not eat any food.
- If you drink liquids, chew gum, eat hard candy or eat any food within 3 hours of your procedure, it will need to be postponed or cancelled.

Comfort Tips:

- If you feel sick to your stomach, wait 30 minutes then start drinking smaller amounts.
- Try drinking the laxative through a straw.
- If you don't like the taste of the laxative, try chewing gum or sucking on hard candy in between drinks.
- Use baby wipes, Vaseline or hemorrhoid cream if you get sore from moving your bowels.
- The gas pills help with the bubbles forming in your colon. This also helps the doctor see better.

The Day of Your Colonoscopy Procedure

Bring these things with you to your colonoscopy procedure

- Your photo identification.
- The name and phone number of your escort.
- You may wear your wedding rings but no other jewelry.

The day of your procedure

- Before the procedure, the doctor will review the procedure with you and ask that you sign a consent form.
- We will call your escort 30 minutes before you are ready to leave.
- Most people are ready to go home 2 ½ hours after their arrival time. Occasionally there are delays.

After the procedure

- Most people need to rest at home for the remainder of the day. Don't drive or operate any machines on the day of your procedure. Avoid making important decisions. Avoid drinking alcohol.
- You can go back to eating as you normally do right away.
- You will get a letter in the mail with your test results within 2 weeks after your colonoscopy.

Remember

- **You cannot drive after your procedure.**
- **We will have to cancel your procedure if you do not have an adult escort to meet you in the endoscopy unit and bring you home.**
- **Your escort should be able to pick you up 30 minutes after we call them.**

For any questions about this information, please call 978-465-4622.