

Tips for a good colonoscopy preparation-Mira Lax/Gatorade Prep

- Make sure you receive your colonoscopy prep and the appropriate instructions well before your procedure date, and read them completely as soon as you get them.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need your attention, have someone else be available to them while you're indisposed.
- Water can get boring, so keep a variety of clear liquids on hand. On the day before your colonoscopy (when you're restricted to clear liquids) you can have popsicles, Jell-O, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice or Gatorade. But take nothing with red, blue or purple dye. Drink extra liquids before and during your bowel prep, as well as after your colonoscopy. Hydration is important but you'll need to stop all liquids 4 hours prior to your exam time.
- Wear loose clothing and stay near the bathroom. Better yet, once the preparation starts to work, stay **IN** the bathroom (because when the urge hits, it's hard to hold back). Consider setting up shop near the toilet with music, your laptop, magazines or books.
- The clear liquid diet and preparation are not a pleasant way to spend a day but your exam is only as good as your preparation. You should expect your output to move from solid to dark liquid to clear or clear yellow liquid by the end of your preparation process. Please make a note of the progress as you will be asked about your prep quality in pre-op. A poor preparation may result in missed lesions and could result in you having to repeat your procedure much sooner than would otherwise be needed. A good preparation will maximize our ability to locate and remove any pre-malignant lesion and will ensure that we give you the longest possible interval before needing to repeat your exam!

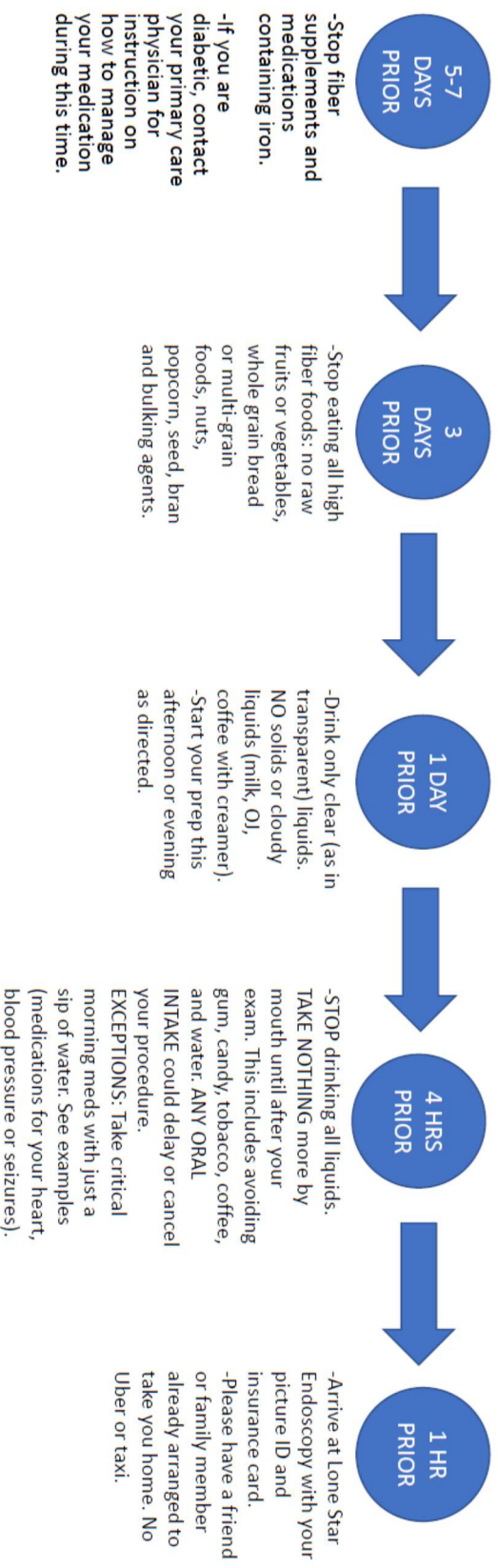
Before your exam:

Purchase the following over-the-counter supplies at your local pharmacy:

- Two bisacodyl tablets, each containing 5mg of bisacodyl (Dulcolax laxative NOT Dulcolax stool softener).
- One 8.3 oz. bottle of Mira Lax (238grams).
- 64 oz. of Gatorade liquid (NOT Red or purple; NOT powdered). Regular Gatorade, Gatorade G2, Powerade or Powerade Zero are acceptable.
- One 10 oz. bottle of Magnesium Citrate (not red).

COLONOSCOPY TIMELINE

Morning appointment



MIRALAX/GATORADE PREP INSTRUCTIONS FOR COLONOSCOPY- MORNING APPOINTMENT:

GENERAL INSTRUCTIONS:

- Expect to receive text invitations from Casetabs and Simple Admit 2 weeks prior to your appointment (or at time of scheduling). We use Casetabs to communicate key instructions and Simple Admit to update your health history and assist anesthesia in preparation for your visit. Please opt in for both Casetabs and Simple Admit to prevent receiving multiple phone calls from us.
- Expect a text or a phone call from our business office in the days prior to your appointment to review insurance information.
- Follow THESE instructions carefully, NOT the ones inside the prep box.
- Follow instructions given to you about any changes to your daily medications.
- Pay close attention to the diet and medication instructions noted below. You may need to make medication or diet changes up to 7 DAYS prior to your procedure. Medications such as: GLP-1, insulin, oral diabetic medications and blood thinning medications (other than aspirin) will likely have adjusted dosing schedules which will affect whether or not your procedure can be performed. Please make sure you have addressed this with your GI doctor and/or your prescribing doctor at least 1 week prior to your procedure; if not, your procedure may be canceled.
- You should NOT have ANYTHING FOUR HOURS prior to your exam. Including gum, mints and ice chips.
- **If you do not follow these directions your colonoscopy may be canceled.**

INSURANCE NOTIFICATION:

- If precertification is required, it will be obtained by our Central Billing Office. Contact your insurance company prior to the procedure to make sure this has been done.
- If you have changed insurance since the last time you have been seen, you must notify us of this change.
- There will be a facility and anesthesia charge in addition to the physician's fee.
- **Please bring your insurance card and driver's license to the procedure.**

5-7 DAYS BEFORE THE EXAM:

- You will likely have to stop BLOOD THINNERS prior to your exam. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Do NOT stop your aspirin unless otherwise instructed.
- Discontinue fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc.).
- IF YOU ARE DIABETIC, contact your primary care physician for instructions on how to take your medications on the day of the preparation and the procedure day.
- If you take any type of GLP-1 agonist medication such as Ozempic/Wegovy (Semaglutide), Trulicity, or Mounjaro (Tirzepatide) be sure to let our office know as soon as possible as you will have additional instructions to follow.

3 DAYS BEFORE THE EXAM:

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, bran, bulking agents.

THE DAY BEFORE THE EXAM:

- Drink only **CLEAR LIQUIDS** for breakfast, lunch, and dinner. Start drinking liquids in the morning, and drink all day. Do not just drink the liquids recommended around the time of the actual preparation. Drink at least eight glasses of water during the day. The more you drink all day, the better the prep will be.
- NO solids, or milk products.
- NO alcohol on the day before or the day of the procedure.
- CLEAR LIQUIDS are: Strained fruit juices without pulp (apple, lemonade, white grape)
Water, Gatorade, popsicles, snow cones, carbonated soft drinks, Jell-O, Clear broth and bouillon
Coffee or tea WITHOUT creamer/milk. AVOID BLUE, RED and PURPLE LIQUIDS

At 12 Noon: (or upon arriving home)

1. Take the 2 bisacodyl (Dulcolax) tablets

Between 4 and 6 PM:

1. Mix the bottle of MiraLax with 64 oz. of Gatorade in a large pitcher. Don't add ice.
2. Drink one 8oz. glass of the MiraLax/Gatorade solution. Set a timer for 15 minutes.
3. Continue drinking one 8oz. glass every 15 minutes thereafter until the mixture is gone.
4. Alcohol free baby wipes or Vaseline may help ease skin irritation.

DAY OF EXAM:

-If you are on heart or blood pressure medications and normally take them in the morning then take them with a sip of water 2 hours or more before the exam. Other medications may be taken as directed by doctor or pre-op nurse.

-FOUR HOURS BEFORE YOU LEAVE TO GO TO YOUR PROCEDURE: DRINK 10 OZ. OF MAGNESIUM CITRATE THEN STOP DRINKING ALL LIQUIDS

- You will be in recovery for 30-45 minutes after the exam. Average total time at the facility is around 2 hours.
- You will need a friend or family member to drive you home. You should **NOT** drive, work, exercise, or drink alcohol for the rest of the day after your exam.

PLEASE CALL TDDC OFFICE DIRECTLY IF YOU ARE UNABLE TO COMPLETE YOUR PREP OR FEEL THAT YOU ARE NOT CLEAR AFTER COMPLETING THE PREP.

Texas Digestive Disease Consultants-24 HOURS CALL
Southlake (817)424-1525

Alliance (817)741-4347