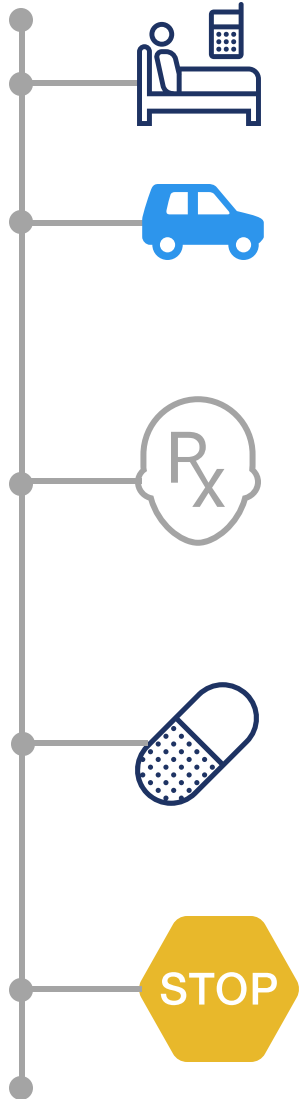


Northwest Gastroenterology

Colonoscopy Preparation Instructions

Miralax

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- If you are receiving sedation, a responsible adult must accompany you to check-in, remain onsite, and be present for discharge. You may use a rideshare, taxi, or public transit, but your escort must ride with you, as hired drivers do not meet safety requirements.
- Purchase your preparation supplies at a pharmacy, no prescription needed:
 1. Dulcolax (or generic Bisacodyl) 5 mg oral tablets - you will only use two for your preparation.
 2. One 238gm bottle of Miralax
 3. One bottle of lemon-lime magnesium citrate. If you have **kidney disease**, do not use magnesium citrate, you will skip this step.
 4. One 64 oz bottle of Gatorade- no RED, PURPLE, or ORANGE. DO NOT CHILL. If you are **diabetic** buy sugar-free Gatorade.
 5. Simethicone gas relief (Gas-X) over-the-counter, you will need 4 of these capsules/ tablets.
- If you take **blood-thinner or anti-platelet medications**, (ie. Plavix, Coumadin, Pradaxa) or any **diabetic or weight loss medications** (ie. Ozempic, Trulicity) please reference [Medication Instructions](#).
- Continue taking all other medications, unless instructed by your physician or our nursing staff.
- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: oil-based vitamins/supplements (A, D, E, K or fish oil) for a full 7 days before your procedure.
- Stop eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.
- Stop using: any illicit drugs



**SIGN UP FOR
MYCHART**

We use MyChart as our primary communication tool.

Sign up today to make sure you get all of your important communications from our office.

Use MyChart to complete all of your paperwork for your virtual visit and pay your co-pay through E-check-in.

Confirm your appointments through MyChart so your appointment does not get cancelled.

Message the office using MyChart with non-urgent questions to save your time on the phone.

Receive your after visit summary with your treatment plan via MyChart.

Colonoscopy Preparation Instructions

Miralax

2 Days Before Your Procedure

- One hour before bedtime, take two bisacodyl (Dulcolax) tablets with 16 oz of water.

1 Day Before Your Procedure

- When you wake up, start a clear liquid diet.
- Do not have any solid foods.
- Do not have: red, purple or orange liquids, or alcohol.
- Please see our list of [recommended clear liquids](#).
- Between 4:00 pm and 6:00 pm, mix & begin drinking your bowel prep solution.
- To mix: pour the bottle of Miralax into the Gatorade bottle. Place the cap back on the Gatorade bottle and shake until the Miralax has completely dissolved. **DO NOT CHILL**.
- Drink 8 ounces of the solution every 20-30 minutes until **half** of the solution is complete. Set the other half aside for tomorrow, but do not chill.
- Take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- 3 hours later, drink the entire bottle of magnesium citrate. If you have **kidney disease**, skip this step.
- Bowel movements usually start within 3 hours of drinking the prep but could take longer. It is recommended to stay near a restroom at this point. See our list of [Frequently Asked Questions](#) if you feel the preparation is not working.



Colonoscopy Preparation Instructions

Miralax

The Day of Your Procedure



- Continue with clear liquids and no solid foods.
- **Take blood pressure, heart, or seizure medications the morning of your procedure.** Be sure you take these at least **4 hours** before your arrival time.
- Hold all other medications.



- 6 hours before you leave for your procedure, start the second bottle of the bowel prep. Drink 8 ounces every 10-15 minutes until it is finished. You must finish 4 hours before your procedure.
- For example, if your check-in time is 6:45 am, and it takes you 30 minutes to get here, you will need to wake up and begin your 2nd dose at 12:15 am.



- After finishing the second bottle of the prep solution, take 2 simethicone gas relief (Gas-X) tablets/ capsules.



- **DO NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS PRIOR TO ARRIVING. NO CHEWING GUM.**
- **DO NOT SMOKE 24 HOURS BEFORE YOUR PROCEDURE.**
- **DO NOT USE CHEWING TOBACCO OR NICOTINE POUCHES 6 HOURS BEFORE YOUR PROCEDURE**



- If you are receiving sedation, your driver must be present with you at check-in on the day of your procedure and remain onsite. **If you are taking public transportation, a taxi, or a rideshare service, you must have a responsible adult escort present with you at check-in, remain onsite, and be with you at discharge.**



- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.