



MIRALAX/GATORADE PREP – COLONOSCOPY INSTRUCTIONS

ALL PATIENTS MUST STOP TAKING GLP-1/SEMAGLUTIDE WEIGHT LOSS AND OR DIABETIC MEDICATIONS 7 DAYS PRIOR TO THEIR PROCEDURE. REVIEW PAGE 5 FOR ADDITIONAL INFO.

Procedure Date: _____ Arrival Time: _____ Procedure Time: _____

Procedures are only done at one of the following locations. Circle/highlight your location:

Raleigh Endoscopy Center, Cary
1505 SW Cary Parkway, Suite 202 Cary, NC 27511

Raleigh Endoscopy Center, Main
2417 Atrium Drive, Suite 101, Raleigh, NC 27607

Raleigh Endoscopy Center, North
8300 Health Park Drive, Suite 210, Raleigh, NC 27615

WakeMed Cary Hospital
1900 Kildaire Farm Road, Cary, NC 27518

LOCATION AND ARRIVAL TIMES

Raleigh Endoscopy Center Patients:

Please arrive at the endoscopy center **ONE HOUR** prior to your procedure. Patients having procedures at the Raleigh Endoscopy Center(s) are not required to have Covid testing prior to the procedure. If your procedure time is 7:30am, please arrive at 6:45am. The endoscopy center opens at 6:45am, please do not arrive any earlier than 6:45am.

WakeMed Cary Hospital Patients:

WakeMed requires that you arrive **ONE HOUR & 30 MINUTES** before your scheduled appointment time for check in.

Items to purchase for your prep

1. **Miralax**: One 8.3-ounce (238g) bottle of Miralax powder or the generic equivalent. These can be purchased over the counter at your local drug store.
2. **Lemon Gatorade**: One 64-ounce bottle.
3. **Dulcolax Tablets**: These come in different amounts, purchasing the 8 counts will be fine as you will only need to use 4 of them. (Do not purchase the fruit chewy versions, only the tablets).

THE FOLLOWING ARE ABSOLUTE REQUIREMENTS FOR YOUR PROCEDURE:

- **A licensed driver (age 18 and older)** **MUST** accompany you at check-in and remain during the entirety of your procedure.
- **Taxis are prohibited. Driving yourself is prohibited.** You cannot walk or ride a bike home.
Plan on spending up to 3 hours at the procedure center. Do not bring jewelry or valuables.
- Wear comfortable clothing. **DO NOT** wear contact lenses. Bring warm socks.
- **All medical clearances must be in our office prior to your procedure.**
- **NOTHING BY MOUTH** 4 hours prior to your procedure.

IMPORTANT

All medical clearances must be in our office prior to your procedure. If you have a history of cardiac, respiratory or neurological issues and had not disclosed that information to the scheduling team or with the doctor prior to scheduling your procedure, call our office immediately. You may require a medical clearance.

Preparing for your Procedure

Seven Days prior to your procedure: Part 1 of 4

- **STOP:** Iron supplements, Vitamin E, St Johns Wort, Fish Oil and Gingko products.
- **STOP:** Anti-inflammatory drugs (NSAIDS) such as ibuprofen, Advil, Motrin, Aleve, Celebrex, Mobic, Orudis and Nuprin.
- **STOP: ALL GLP-1/SEMAGLUTIDE WEIGHT LOSS/DIABETIC MEDICATIONS!**
- Your physician may ask you to stop taking blood thinners including aspirin, between now and 5 days pre-procedure. Check with Cary Gastroenterology to clarify this.

Three Days prior to your procedure: Part 2 of 4

- **Important DIETARY RESTRICTIONS:**
 - ❖ **NO** fruits and or vegetables with seeds such as cucumbers, tomatoes, squash, broccoli, beans, kiwi, strawberries and or raspberries. Avoid any foods with seeds.
 - ❖ **NO** granola bars, high grain cereals/breads, bagels, oatmeal, nuts, corn, or popcorn.

One Day prior to your procedure (prep day): Part 3 of 4

CLEAR LIQUID DIET ONLY

You are to only consume **CLEAR LIQUIDS** the day before your procedure.

Morning:

Combine the 64 ounces of GATORADE and 8.3-ounce bottle of Miralax in a large container or pitcher. Stir to combine the blend. Chill in the refrigerator.

4:00PM:

Take two Dulcolax tablets by mouth with water. Do not crush or chew the tablets.

6:00PM: Complete the first half of the MIRALAX/GATORADE mix prep as follows:

Drink HALF of the Miralax/Gatorade mixture that you prepared (approximately 32 ounces). You should drink a minimum of 8 ounces of the solution every 15 MINUTES. You can drink it faster if you are able. In general, the faster you drink it, the better.

9:00PM:

If you have not had liquid stools by now, please take an additional two (2) more Dulcolax tablets.

- **DO NOT** drink anything colored red or purple
- **DO NOT** drink dark colas. (example: Coca Cola, Pepsi)
- **DO NOT** drink milk
- **DO NOT** drink alcohol
- **DO NOT** drink coffee

APPROVED SAMPLE CLEAR LIQUIDS
➤ Water, Lemon Gatorade, Sprite, Ginger Ale and or Mountain Dew
➤ Chicken and or Vegetable broth
➤ Popsicles (without pulp or fruit pieces, no red or purple)
➤ White Grape, Apple and or White Cranberry Juice
➤ Clear Hard Candy (lemon drops only)

Medication Adjustments:

- Take your blood pressure and or heart medications at your normal time with tiny sips of water.

PROCEDURE DAY Part 4 of 4

6 hours prior to your arrival time: Drink the 2nd half of the Miralax/Gatorade prep as follows:

- Drink the remaining HALF of the Miralax/Gatorade mixture that you prepared (approximately 32 ounces). You should drink a minimum of 8-ounces of the solution every 15 minutes. You can drink faster if you are able.
- Continue to drink clear liquids until 4 hours prior to your procedure.

IMPORTANT PLEASE READ

You must have **NOTHING BY MOUTH** beginning 4 hours prior to your procedure time.
This includes water, breath mints, gum and candies.

Weight Loss/Diabetic Medications:

If you are taking any of the following diabetic and or weight loss medications or intend to take any of these medications prior to your scheduled procedure and have not notified us that you are on these medications when scheduling, please contact us immediately at 919-816-4948 option 3 and ask to speak with your doctor's medical assistant.

- Adipex-P/Lomaira (Phentermine)
- Byetta (Exenatide)
- Mounjaro (Tirzepatide)
- Ozempic (Semaglutide)
- Rybelsus (Oral Semaglutide)
- Saxenda (Liraglutide)
- Trulicity (Dulaglutide)
- Victoza (Liraglutide)
- Wegovy (Semaglutide)
- Zepbound (Tirzepatide)

**** FOR YOUR SAFETY** – Failure to stop these medications 7 days prior to your procedure **WILL** result in cancellation and rescheduling. Please ensure proper communications with our office if you are taking these medications, and please ensure proper preparation for your procedure, following all of our instructions.

Call 919-816-4948 and select option 3 if you have any questions.