MIRALAX/GATORADE PREP – COLONOSCOPY INSTRUCTIONS

ALL PATIENTS MUST STOP TAKING GLP-1: REVIEW PAGE 6

Procedure Date: _____Arrival Time: _____Procedure Time: _____

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

Raleigh Endoscopy Center, Main
4225 Macon Pond Road, Suite 100 Raleigh, NC 27607

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

Raleigh Endoscopy Center, Holly Springs
2061 Ralph Stephens Road, Holly Springs, NC 27540

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

ARRIVAL TIMES

Raleigh Endoscopy Center Patients:
Please arrive at the endoscopy center 60 minutes prior to your procedure. All patients of Dr. Furs and Dr. Abichandani must arrive 90 minutes before their procedure

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

Please purchase the following items prior to your procedure:

1. **MiraLAX (Polyethylene Glycol 3350):**
   One 8.3-ounce (238 g) bottle of MiraLAX powder. This product may be purchased over the counter at your local pharmacy.
2. **Lemon Gatorade:**
   One 64-ounce bottle.
3. **Dulcolax Tablets (Bisacodyl):**
   Dulcolax is available in various package sizes. Purchasing an 8-count package is sufficient, as you will only need four (4) tablets for your preparation.
   Please purchase the tablet form only. Do not purchase the fruit-flavored chewable gummies or chews.

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 required medical clearances must be received by our office prior to your procedure. If you have a history of **cardiac, respiratory, or neurological conditions** and did not disclose this information to the scheduling team or your physician before your procedure was scheduled, please contact our office immediately. Additional medical clearance may be required before your procedure can proceed safely. Failure to obtain any necessary medical clearances in advance may result in the postponement or rescheduling of your procedure.

Preparing for your Procedure

Seven (7) Days Before Your Procedure - Part 1 of 4

Discontinue the Following Medications and Supplements

Iron supplements, Vitamin E, St. John's Wort, Fish oil products, Ginkgo supplements

Discontinue Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

Stop taking NSAID medications, including, but not limited to: Ibuprofen (Advil®, Motrin®), Naproxen (Aleve®), Celecoxib (Celebrex®), Meloxicam (Mobic®), Orudis®, Nuprin®

STOP All GLP-1 and Qsymia® Weight Loss/Diabetes Medications

These medications must be discontinued seven (7) days prior to your procedure, unless otherwise directed by your physician.

Blood Thinners

Your physician may instruct you to stop blood thinners, including aspirin, between now and five (5) days before your procedure. Please contact Cary Gastroenterology if you need clarification regarding your medication instructions.

Three (3) Days Before Your Procedure - Part 2 of 4

Important Dietary Restrictions

Avoid all foods containing seeds, nuts, or high-fiber grains.

Do NOT eat:

Fruits and vegetables with seeds, including cucumbers, tomatoes, squash, broccoli, beans, kiwi, strawberries, and raspberries, Granola bars, High-fiber cereals or breads, Bagels, Oatmeal, Nuts, Corn, Popcorn

One (1) Day Before Your Procedure (Prep Day) - Part 3 of 4

Clear Liquid Diet Only

You must follow a Clear Liquid Diet Only for the entire day before your procedure. Do not consume any solid foods. Do **NOT** drink any of the following: Dark-colored sodas, including Coca-Cola®, Pepsi®, or similar beverages. Any liquids that are red or purple in color, no Milk or dairy products, no Alcoholic beverages and or Coffee.

Morning (the day before your procedure)

Prepare your bowel preparation solution:

1. Pour the entire 8.3-ounce (238 g) bottle of MiraLAX® into a container.
2. Add 64 ounces of Gatorade®.
3. Stir until completely dissolved.
4. Refrigerate the mixture until needed.

At 4:00 PM (the day before your procedure)

Take two (2) Dulcolax® tablets with water.

Important: Swallow tablets whole. Do not crush, chew, or split them.

At 6:00 PM (the night before your procedure)

Begin the First Half of the MiraLAX®/Gatorade® Preparation

- Drink one-half (32 ounces) of the prepared solution.
- Consume at least 8 ounces every 15 minutes until the first half is completed.
- You may drink the solution more quickly if tolerated. Completing the preparation at a steady pace generally improves effectiveness.

At 9:00 PM (the night before your procedure)

If you have not had liquid bowel movements by this time, take an additional two (2) Dulcolax® tablets with water.

APPROVED SAMPLE CLEAR LIQUIDS
➢ Water, Lemon Gatorade, Sprite, Ginger Ale and or Mountain Dew
➢ Chicken and or Vegetable broth
➢ Lemon or Lime Popsicles Only (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 (approximately 32 ounces) of the MiraLAX®/Gatorade® solution that you prepared. Consume at least 8 ounces every 15 minutes until the entire remaining portion has been completed. You may drink the solution more quickly if tolerated.

- Continue drinking approved clear liquids to maintain hydration until 4 hours prior to your scheduled procedure time. After that time, do not consume anything by mouth unless otherwise instructed by your physician.

IMPORTANT PLEASE READ

In addition to the above instructions, 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, please contact us immediately at 919-816-4948 option 3 and ask to speak with your doctor's medical assistant.

- Adipex-P/Lomaira/Qsymia (Phentermine)
- Adlyxin / Lyxumia (Lixisenatide)
- Bydureon (Exenatide)
- Byetta (Exenatide)
- Mounjaro (Tirzepatide)
- Ozempic (Semaglutide)
- Rybelsus (Oral Semaglutide)
- Saxenda (Liraglutide)
- Trulicity (Dulaglutide)
- Victoza (Liraglutide)
- Wegovy (Semaglutide)
- Zepbound (Tirzepatide)
- Retatrutide

**** 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.