



Digestive Health
Associates & Center of Reno

MIRALAX PREP FOR COLONOSCOPY

Your procedure is scheduled with Dr. _____ on:

Day: M T W TH F **Date:** _____ **Check in at:** _____ AM/PM
Procedure time: _____ AM/PM

Purchase the following over the counter:

- 238 gram bottle of MiraLAX (PEG-3350)
- 64 oz bottle of Gatorade/sports drink.
If you have diabetes, select a low-calorie drink such as G2 or Crystal Light instead.
- Dulcolax (bisacodyl) laxative tablets – you will need 3 tablets.

4 DAYS BEFORE YOUR PROCEDURE:

- Avoid high fiber foods- no salad, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, or whole wheat.
- Recommended foods- chicken, turkey, pasta, meat, potatoes without skin, white rice and white bread.
*See low residue diet instructions for further suggestions

DAY BEFORE YOUR PROCEDURE:

DO NOT EAT ANYTHING. Follow **clear liquid diet** instructions.

- Things you can drink: water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
- **DO NOT** drink milk or creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

Before 4 PM – Mix 238 grams of MiraLAX with 64 oz of Gatorade then chill in fridge.

5 PM – take 3 Dulcolax laxative tablets by mouth with a glass of water.

6 PM – Drink one glass of the MiraLAX/Gatorade mixture every 15 minutes until half of the total liquid is gone. If possible, drink quickly rather than sipping.

This should be done by 8PM



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DAY OF PROCEDURE:

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **4 HOURS PRIOR TO PROCEDURE** – Drink the second half of the MiraLax/Gatorade mixture. This must be completed at least 2 hours prior to procedure time.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time.

When having a bowel movement, the bottom of the toilet should be visible.
(Liquid stool in shades of yellow, green, or orange are normal)

Important:

You are required to have a driver take you home after the procedure. Arranged transportation will be verified at check in.

Continue taking your prescribed medications. Unless the following applies to you:

- If you are taking a **blood thinner** please hold these medications as directed by our office. ***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***
- If you are taking a GLP-1 agonist: (**Ozempic**, Byetta, Byureon, Victoza, Tanzeum, **Trulicity**, Lixumia, Rybelsus, Wegovy, Fu Laimel, **Mounjaro**, Exenatide, Liraglutide, Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenate, Tirzepatide see directions below.
 - Daily dose- hold on the day of procedure.
 - Weekly dose- hold for 1 week prior to procedure.

Please call our office during regular business hours with any questions. (775) 829-8855

Procedure Location:
5250 Kietzke Lane
Reno, NV 89511



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*Clear liquid diet, frequently asked questions, procedure tips and more can be found at
www.digestivehealthreno.com