



## **MIRALAX PREP FOR COLONOSCOPY**

### **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.
- Dulcolax (bisacodyl) laxative tablets – you will need 3 tablets.

### **3 DAYS BEFORE YOUR PROCEDURE:**

Start a low residue diet (instructions found at [www.digestivehealthreno.com](http://www.digestivehealthreno.com)) Avoid all nuts and seeds.

### **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**

### **DAY OF 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** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time. **DO NOT DRINK ANYTHING 2 HOURS PRIOR TO PROCEDURE.**

**When having a bowel movement, the bottom of the toilet should be visible.**

(Liquid stool in shades of yellow, green, or orange are normal)



Digestive Health  
Associates & Center of Reno

**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 you are on a blood thinner and have been told to hold these medications 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 one of the following:** (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 7 days prior to procedure.

**Procedure results:** communicated via email 2-3 weeks after procedure. Please check your email, including junk, for an email from enki EHR.

Please call our prep line directly for questions related to prep instructions 775-433-0480.

**Procedure Location:  
5250 Kietzke Lane  
Reno, NV 89511**

\*Low residue diet, clear liquid diet, frequently asked questions, procedure tips and more can be found at [www.digestivehealthreno.com](http://www.digestivehealthreno.com)