DHA DHC Digestive Health Associates & Center of Reno

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) 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-loxenatide, Tirzepatide see directions below.

- Daily dose- hold for 3 days prior to 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***