

Getting Ready for your Colonoscopy “Standard MiraLAX® Prep”

Date:	Location:
Arrival Time:	Procedure Time:

Please read through the instructions at least one week before your procedure.

BE PREPARED!

If you have any questions, please call **207-773-7964**.

A responsible adult will need to drive you home. Taxis, Ubers, buses, medical ride services, or walking are not options unless a responsible adult accompanies you. You will not be able to drive for the rest of the day.

Plan on being at our facility for about 1 ½ hours from arrival to departure (although this may vary depending on the day/procedure/location – ex. approx. 2.5 hrs for MMC)

For **appointments with a scheduled arrival time of 4:00 pm or later**, have your ride plan to be at the facility **no later than 5:30 pm**.

If you are unable to keep your appointment, please call at least 3 business days prior to your procedure to reschedule. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE



Noemi Baffy, MD
Thalia Mayes, MD
Benjamin Potter, MD
MD Eric Vecchio, MD

Joshua Goldman, MD
G. Alex Millspaugh, MD
Daniil Rolshud, MD

Matthew Grunwald, MD
James Morse, MD
Christina Rutherford, MD

Kate Kennedy, MD
Kelly Pizzo, MD
Andreas Stefan,

This page intentionally left blank

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE

Medication Instructions

- Aside from the medications below, we recommend you take all home medications as usual with a small amount of water, at least 3 hours before your arrival time.
- If you take blood thinners (Plavix[®], warfarin, Eliquis[®], Xarelto[®], etc.) and haven't been given directions to stop them by our office or your prescribing physician's office, please call us to clarify. It is ok to continue your Aspirin.
- Take ½ your morning insulin dose. Bring the other ½ with you.

Stop the following medications until after your procedure as directed below:

7 days before	<p>Iron supplements, Fiber supplements (e.g. Metamucil[®], Citrucel[®])</p> <p>Weekly dosed GLP-1 agonists: Trulicity[®](Dulaglutide), Bydureon[®] BCise[®](Exenatide ER), Ozempic[®]/Wegovy[®](Semaglutide), Mounjaro[®]/Zepbound[®] (Tirzepatide)</p> <p>Adipex-P[®]/Lomaira[®] (Phentermine), Qsymia[®] (Phentermine/Topiramate), Topamax[®] (Topiramate)</p>
The day before	<p>Questran[®] (cholestyramine), Lomotil[®], Imodium[®] (loperamide), Colestid[®] (colestipol)</p>
Day of procedure	<p>Daily dosed GLP-1 agonists: Saxenda[®]/Victoza[®] (Liraglutide), Byetta[®] (Exenatide IR), Rybelsus[®] (Semaglutide), Adlyxin[®] (Lixisenatide)</p> <p>Morning dose of oral diabetic medication (Bring it with you)</p>

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE

Please review the following prior to starting the prep

Your prep is one of the most important parts of your colonoscopy! Without a good prep (e.g. your bowel is empty and clean) your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp or having to reschedule your colonoscopy.

Examples of Clear Liquids*

Popsicles ~ Coconut water (not milk) ~ Gatorade® ~ Kool-Aid®
 Strained fruit juice (apple or white grape) ~ Jell-O®
 coffee and tea without dairy products/creamer ~ Soft Drinks

***No Red/Blue/Purple or items with sediment/solids**

Tips

If you start to feel nauseous while prepping, try:

- Pause drinking the prep until the feeling improves, then resume
- Decrease the amount you drink at a time
- Take more time between drinks
- Refrigerate the prep mixture
- Use a straw

What are the risks of a colonoscopy?

Colonoscopy is a standard medical procedure. Although rare, colonoscopies like all procedures have some risks.

1. The instrument may tear the wall of the colon which may require surgery to repair.
2. There may be adverse drug reactions or heart/breathing complications.
3. Bleeding may occur and is more often a risk when tissue or polyps are removed.
4. There may be discomfort during and after the procedure.

Prep Goal



Dark & Murky - Not OK



Brown & Murky - Not OK



Dark Orange & Semi-Clear
Not Ok



Light Orange & Mostly Clear
Almost there



Yellow & Clear (see thru)
You're Ready!

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE

Do you have questions? Contact our office at 207-773-7964.

Office is open 8:30 am – 4:30 pm Monday - Friday

1 Week prior to Colonoscopy

- Stop eating seeds, nuts, popcorn, tomatoes, corn, berries, granola with dried fruit, raisins
- Purchase the following items:
 - 1 box **Simethicone or Gas-X®** tablets
 - 1 - 8.3 oz. container of **MiraLAX® or Gavi LAX** powder
 - 64 ounces of **Gatorade®, Propel Water®, Vitamin Water®, Coconut Water or SmartWater®**
 - 2 - 10 oz. bottles of liquid **Magnesium Citrate**
- Call the office if you are pregnant, have an internal cardiac defibrillator, had a recent cardiac procedure or a new cardiac health concern.
- Review the Medication Instructions on the prior page.

Day before Colonoscopy for ALL

Before 11 am

- Eat a light Breakfast from the following list of foods: a boiled or poached egg, toast, applesauce, yogurt (no granola or fruit chunks in it), skinless chicken or turkey or fish, cottage cheese, white bread or toast without butter, plain tofu

At 11 am

- Do not eat solid foods until your procedure is completed.
- Drink one 10 oz. bottle of magnesium citrate.
- Drink additional clear liquids while you prep up until 3 hours before your procedure.

At 1:00 pm

- Mix 8.3 oz MiraLAX® in the 64 oz of liquid (e.g. Gatorade®, Propel®, smartwater®, etc.) and refrigerate (*TIP: it is best tolerated cold!*).

continued on back of page

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE

For Colonoscopies before 10 am

At 2:00 pm the day before

- Drink 8 ounces of the MiraLAX® mixture every 10 to 20 minutes until you have finished the entire 64 oz.
- Once you have finished the MiraLAX® mixture, take two simethicone (Gas-X®) tablets
- Continue to drink clear fluids up to 3 hours prior to your procedure. (*TIP: it is important to HYDRATE!*)
- Review Colonoscopy preparation tips to determine if you are ready for your colonoscopy. If you are worried your prep is not complete, take 2nd bottle of magnesium citrate

For Colonoscopies later than 10 am

After 2:00 pm the day before

- Drink 8 ounces of the MiraLAX® mixture every 10 to 20 minutes until you have finished half (32 oz). Refrigerate the remainder.
- If you have not started moving your bowels 2 hours after you started drinking the MiraLAX® prep, drink the other half of the solution (32 oz).

Day of the Procedure

- If you have MiraLAX® mixture left from the day before, drink the second 32 oz. Consider taking 2nd bottle of magnesium citrate.
- If you took all the MiraLAX® mixture the day before, take 2nd bottle of magnesium citrate
- Once you have finished, take two simethicone (Gas-X®) tablets
- Continue to drink clear fluids up to 3 hours prior to your procedure. (*TIP: it is important to HYDRATE!*)
- Review Colonoscopy preparation tips to determine if you are ready for your colonoscopy.

Do you have questions? Contact our office at 207-773-7964.

Office is open 8:30 am – 4:30 pm Monday - Friday

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE