

## Getting Ready for your Colonoscopy “Standard MiraLAX® Prep”

Date:	Location: <input type="checkbox"/> 161 Marginal Way, Portland, ME  <input type="checkbox"/> 22 Bramhall St, Portland, ME
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.

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

**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

### 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!

### 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.

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**Do you have any 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 (125mg or 180mg)
  - 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, applesauce, yogurt (no granola or fruit chunks in it), skinless chicken, skinless turkey, skinless fish, cottage cheese, white bread or white toast without butter, plain tofu

#### At 11 am

- Do not eat any more solid foods until your procedure is completed.
- Start drinking clear liquids. Try to drink at least 8 oz of water per hour while you are awake. (TIP: Staying hydrated helps the prep work)
- Drink one 10 oz. bottle of magnesium citrate.

#### At 4:00 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!*).

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### Day before the Colonoscopy

#### For Colonoscopies scheduled before 10 am

##### At 5:00 pm the day before

- Drink 8 ounces of the MiraLAX® mixture every 10 to 20 minutes until you finish the entire 64 oz.
- Once you have finished the MiraLAX® mixture, drink the 2<sup>nd</sup> bottle of Magnesium Citrate.
- After you finish the 2<sup>nd</sup> bottle of Magnesium Citrate, take 2 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.

#### For Colonoscopies scheduled later than 10 am

##### At 5:00 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.
- Continue to hydrate. Drink 8 oz of water per hour. If you have not started moving your bowels within two hours, drink another 8 – 16 ounces of the MiraLAX® mixture.

### Day of the Colonoscopy scheduled later than 10 am

##### Day of the Procedure (4 – 5 hours before your procedure)

- Complete the MiraLAX® mixture left from the day before.
- Drink the 2<sup>nd</sup> 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.

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Portland  
Gastroenterology  
CENTER  
*Innovation & Caring for Digestive Health*

Noemi Baffy, MD  
Kate Kennedy, MD  
Benjamin Potter, MD  
Eric Vecchio, MD

Fernando Calmet, MD  
Thalia Mayes, MD  
Daniil Rolshud, MD

Joshua Goldman, MD  
G. Alex Millspaugh, MD  
Cristina Rutherford, MD

Matthew Grunwald, MD  
Kelly Pizzo, MD  
Andreas Stefan, MD

## **NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE**