

Getting Ready for your Colonoscopy “Extended 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

(this may vary depending on the day/procedure/location – ex. about 2 ½ hours 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

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

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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!

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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)
 - 2 - 8.3 oz. container of **MiraLAX® or GaviLAX** powder
 - 2- 64 oz bottles of **Gatorade® (orange, green or yellow), Propel Water®, Vitamin Water®, coconut water or smartwater®**
 - 2 - 10 oz. bottles of liquid **magnesium citrate**
- Hydrate. Avoid/manage constipation. Consider adding a daily dose of MiraLAX®.
- Call the office if you are pregnant, have an internal cardiac defibrillator, have had a recent cardiac procedure, or have a new cardiac health concern.
- Review the Medication Instructions on the prior page.

Two Days Before Colonoscopy

Before 1 pm

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

At 1 pm

- Do not eat any more solid foods until your procedure is completed.
- Drink 8 oz of clear liquids every hour while awake. (*TIP: hydrating helps the prep work!*)
- Mix 1st 8.3 oz MiraLAX® in the 1st 64 oz of liquid (e.g. Gatorade®, Propel®, smartwater®, etc.) and refrigerate (*TIP: it is best tolerated cold!*).

Starting at 5 pm

- Drink 8 ounces of the MiraLAX® mixture every 10-20 minutes until you have finished ½ of the mixture (32 oz.)

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The Day Before Colonoscopy

For all Colonoscopies

In the Morning

- Drink a 10-oz bottle of magnesium citrate.
- Drink 8 ounces of MiraLAX® mixture every 10-20 minutes, until you finish the other ½ of the mixture you prepared the evening before (32 oz.).
- Mix 2nd 8.3 oz MiraLAX® in the 2nd 64 oz of liquid (e.g. Gatorade®, Propel®, smartwater®, etc.) and refrigerate (*TIP: it is best tolerated cold!*).

For Colonoscopies scheduled before 10 am

At 5 pm

- Drink 8 ounces of MiraLAX® mixture every 10-20 minutes, until you finish the entire 64 oz.
- Drink a 10-oz bottle of magnesium citrate (*TIP: it is best tolerated cold!*)
- Take two simethicone (Gas-X®) anti-gas tablets.
- Continue to drink 8 oz water per hour while awake 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.

Day of the Colonoscopy

Day of Colonoscopy if scheduled at 10 am or later

4 to 5 hours Prior to your Procedure

- Drink 8 oz of MiraLAX® mixture every 10-20 minutes, until you finish the entire 64 oz.
- Drink a 10-oz bottle of magnesium citrate.
- Take two simethicone (Gas-X®) anti-gas tablets.
- Continue to drink 8 oz of water every hour 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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