

## 2-Day MiraLAX® Bowel Prep Instructions

- **PURCHASE: MiraLAX or generic polyethylene glycol** - (21 servings) to mix with drink below
- **Gatorade®** - 96 oz (NOTHING RED OR PURPLE) - Sugar-free drinks (G2®, Pedialyte, Powerade Zero®, Propel® or water) are also options.

### 7 Days BEFORE Your Procedure:

- PLEASE FOLLOW INSTRUCTIONS FOR DIABETIC/WEIGHT LOSS GLP-1 MEDICATIONS AS NOTED ON THE BACK OF THIS SHEET.

### Two (2) Days BEFORE Your Procedure:

- **Beginning with a clear liquid breakfast**, drink at least 8 glasses (64 oz) of CLEAR liquids throughout the day and evening. Clear liquids include: Water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
- **STOP all solid foods.** NO SOLID FOOD, no dairy, until after your exam.
- **STOP fiber supplements**, such as Metamucil.

### The Day BEFORE Your Procedure:

**\*\*\*NOTICE: OUR OFFICE MAY CALL THE DAY PRIOR TO ADJUST YOUR ARRIVAL TIME AS WE FINALIZE THE CENTER'S SCHEDULE.\*\*\***

- **Mix 7 servings of MiraLAX in 32 oz of drink. Repeat this for two more batches, and refrigerate.**
- **At 9:00am**, drink one-third (32 oz) of the total MiraLAX/Gatorade solution over the next 2 hours.
- Continue drinking clear liquids throughout the day and evening.
- **At 5:30pm** drink the next third (32) oz of the total MiraLAX Gatorade solution over the next 2 hours.
- A soothing ointment (Desitin®, Vaseline®) applied to the anal area may prevent discomfort and skin breakdown.

### Procedure Day:

- **4 hours prior to your appointment**, drink the remaining prep over the next 2 hours.
- You may continue drinking clear liquids until 2 hours prior to arrival. NOTHING BY MOUTH for 2 hours before your appointment. Including water, gum or mints.
- Bowel movements should be watery and clear yellow or clear green in color, and you should be able to see the very bottom of the toilet bowl. **If you are not passing clear stool or it is still brown 2 hours prior to arrival time, please call our nurses at 801-619-1115 for instructions.**

**THIS IS A SEDATED PROCEDURE. A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (90-120 minutes total). NO EXCEPTIONS.**

Find Additional Information and Instructions on Our Website

**www.GranitePeaksGI.com**

## IMPORTANT INFORMATION

*Please call us with any questions at 801-619-1115*

### MEDICATIONS

- Take your regularly prescribed medications at least two (2) hours before you arrive. (Except blood thinners or diabetic/weight loss medication as described here).

### DIABETICS-INSULIN

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral diabetes medication or insulin, **DO NOT** take it the morning of your procedure.
- Please contact the prescribing physician for diabetic care if you have any questions regarding your oral medication or insulin dosages.

### DIABETICS/WEIGHT LOSS PATIENTS - Semaglutide, GLP-1 Receptor Agonists

#### 7 Days BEFORE Your Procedure:

- **PATIENTS CURRENTLY TAKING A GLP-1 RECEPTOR AGONIST FOR DIABETES OR WEIGHT LOSS** such as Ozempic®, Semaglutide, Mounjaro®, Wegovy®, Rybelsus®, Trulicity®, Victoza® or similar compounded or generic medication, should contact the prescribing physician for instructions to stop the medication at least 7 days prior to your procedure. **For your safety, your procedure will be rescheduled if these medications are taken within 7 days of your scheduled appointment.**
- Monitor your blood sugar levels while off the medication. Adjust insulin accordingly.

### BLOOD THINNERS

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

### BRING WITH YOU

- Your inhaler, if you use one
- Your insulin, if you use it
- Photo ID and Insurance Card
- Leave valuables and phone/devices at home or with your driver
- List of all medications, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- Wear a short-sleeved shirt