

## 2-Day Prescription and MiraLAX® Bowel Prep Instructions

- **PICK UP:** Your prescription prep from your pharmacy
- **PURCHASE:** MiraLAX or generic polyethylene glycol - (7 servings) to mix with drink below
- **Gatorade®** - 32 oz (NOTHING RED OR PURPLE) - Sugar-free drinks (G2®, Pedialyte®, Powerade Zero®, Propel® or water) are also options. Purchase additional clear liquids to drink.

### 7 Days BEFORE Procedure

- **Patients taking Ozempic®, Semaglutide, Mounjaro®, Wegovy®, Rybelsus®, Trulicity®, Victoza® or similar generic medications for diabetes or weight reduction** will **STOP** these at least 7 days prior to your procedure. **This should be done under the direction of your prescribing physician.** For your safety, your procedure will be rescheduled if these are taken within 7 days of your procedure.

### Two (2) Days BEFORE Your Procedure

- **Stop** fiber supplements such as Metamucil®.
- **DO NOT EAT ANY SOLID FOOD.** You will be on clear liquids this entire day. Clear liquids include black coffee, tea, water, sports drinks, soda pop, gelatin, broth, popsicles, etc. **NOTHING RED OR PURPLE.** You are encouraged to drink lots of clear liquids this whole day.

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

### The Day BEFORE Your Procedure

- **Mix your prescription prep with water** and the provided flavor packet.
- **At 9:00am**, drink half of the prep over the next 2 hours.
- Continue drinking clear liquids throughout the day and evening.
- **At 5:30pm** drink the remaining prescription prep over the next 2 hours.
- A soothing ointment (Desitin®, Vaseline®) applied to the anal area may prevent discomfort and skin breakdown.

### Day Of Procedure Day

- **4 hours prior to your appointment, mix the MiraLAX and Gatorade** until fully dissolved and drink over the next hour or two.
- You may continue drinking clear liquids until 2 hours prior to arrival. **NOTHING BY MOUTH** for 2 hours before your appointment - no water, mints or gum.
- 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](http://www.GranitePeaksGI.com)

## IMPORTANT INFORMATION

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

### IS YOUR BOWEL READY?



### MEDICATIONS

- **Except as noted below, take your regularly prescribed medications with small sips of water at least two (2) hours before you arrive.** Read below for information about blood thinners or diabetic/weight loss medications.

### DIABETICS - INSULIN or ORAL MEDS

- **Please contact your prescribing physician** for diabetic care if you have any questions regarding your oral medication or insulin dosages.
- **Do not take oral diabetic medication or insulin the day of your procedure.**
- Test your blood sugar before coming in for your procedure and bring the reading with you.

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

- **If you take any of these medications for diabetes or weight loss, talk to your prescribing doctor for instructions to safely STOP the medication at least 7 days prior to your procedure.**
- Examples: Ozempic®, Rybelsus®, Mounjaro®, Wegovy®, Trulicity®, Victoza® or similar compounded or generic medication.
- Monitor your blood sugar levels while off the medication. Adjust insulin accordingly.

### BLOOD THINNERS

- **If you are taking prescription blood thinners, call the 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 ibuprofen, aspirin and other anti-inflammatory medications until the day before your procedure. **DO NOT** take them the day OF your procedure.

### BRING WITH YOU

- **Leave valuables and phone/devices at home or with your driver**
- **Photo ID and Insurance Card**
- **Your inhaler, if you use one**
- **Diabetics: your morning blood sugar reading and insulin, if you use it**
- **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**