

MiraLAX® Bowel Prep Instructions

- **PURCHASE: MiraLAX or generic polyethylene glycol** - 8.3 oz bottle (14 servings) to mix with drink below
- **Gatorade®** - 64 oz. (NOTHING RED OR PURPLE) - Sugar-free drinks (G2®, Pedialyte, Powerade Zero®, Propel® or water) are also options.
- Four (4) bisacodyl laxative tablets, such as Dulcolax®

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.**

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 all 14 servings of MiraLAX into 64 oz of your drink. Drink half tonight and the other half 4 hours before you arrive.**
- **STOP all solid foods. NO SOLID FOOD, no dairy, until after your exam.**
- **STOP fiber supplements**, such as Metamucil.
- **Beginning with a clear liquid breakfast**, continue to 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.**
- **At 4:00pm**, take 4 bisacodyl laxative tablets
- **At 5:30pm**, begin drinking 1/2 of the MiraLAX/Gatorade solution.
- Continue drinking clear liquids throughout the evening.
- 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 1/2 of the MiraLAX/Gatorade solution.
- 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

- **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.**
- Monitor your blood sugar levels while off the medication. Adjust insulin accordingly.
- Examples: Ozempic[®], Rybelsus[®], Mounjaro[®], Wegovy[®], Trulicity[®], Victoza[®] or similar compounded or generic medication.

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. Please be sure to have a **signed clearance letter** sent to our office or bring one with you for your chart.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

*****These are general guidelines. Your plan may differ based on the medication you're taking and your medical history.*****

- Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran): Usually held 2–3 days before procedure.
- Warfarin (Coumadin): Usually held 5 days before procedure; some patients may need bridging.
- Plavix (clopidogrel), Brilinta, Effient: Usually held 5–7 days before procedure.

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