

MIRALAX/GATORADE

Bowl Prep Instructions

Date of Procedure: _____ Arrival Time: _____

DDSI Endoscopy Center North
Baptist Physicians Bldg D
3366 NW Expressway, Ste 400
Oklahoma City, OK 73112

Baptist Medical Center
3300 NW Expressway
Oklahoma City, OK 73112
Check-In at Out-Patient Registration

DDSI Endoscopy Center South
4201 S. Western Ave.
Oklahoma City, OK 73109

READ ALL INSTRUCTIONS UPON RECEIPT

7 DAYS PRIOR:

- **You will need to purchase** two (2) 32oz bottles of Gatorade, (no red or purple), 238-gram bottle of MiraLAX, and four (4) Dulcolax tablets – these can be purchased at most grocery or drug stores and is over-the-counter.
- The following are risk factors for a poor colonoscopy prep: diabetes, obesity, gastroparesis, chronic constipation, prior colon resection, narcotic use, tricyclic antidepressant use, or a prior poor colonoscopy prep. If you have two or more of the above risk factors, then purchase an additional 119-gram bottle of MiraLAX from your pharmacy.
- Purchase a package of eight Simethicone 250 mg soft gels from your pharmacy.
- If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
- **STOP** all stool formers (*Metamucil, Fibercon, Citrucel*), bile acid sequestrants (*Cholestyramine, Cholestipol, Colesevelam*), vitamins and iron.
- **STOP** the following diabetic or weight loss injections: *Mounjaro, Zepbound, Wegovy, Ozempic, Trucility, Saxenda, Victoza, Byureo, and Byetta*.

4 DAYS PRIOR:

- **STOP** eating: seeds, nuts, vegetables, fruits, meat and whole grains. The following foods are OK to eat: white bread, white rice, pasta, chicken, fish, creamy peanut butter, milk, cheese, and yogurt without nuts.
- **STOP** all NSAID's (*Advil, Aleve, Celebrex, Ibuprofen, Midol, Mobic, Motrin, and Naproxen*); Tylenol OK to use.
- If you have two or more of the above risk factors for a poor colonoscopy prep, then take one scoop of MiraLAX (17 grams) **twice daily** for the next three (3) days.

1 DAY PRIOR:

- Only consume clear liquids.
- Do not eat solid food until after your procedure.
- No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
- Drink at least eight – 8oz glasses of clear liquid (64 oz) during the day prior to starting your prep.
- **Mix half of the MiraLAX 238-gram bottle into one (1) 32oz Gatorade bottle. Refrigerate.**

EVENING PRIOR TO COLONOSCOPY AT 4PM:

- Take four (4) Dulcolax tablets with water and continue clear liquids.

David A Neumann II, M.D.

(405) 702-1300 | 3366 NW Expressway, Bldg D, Suite 400 | Oklahoma City, OK 73112

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EVENING PRIOR TO COLONOSCOPY AT 5PM:

- Drink the **1st dose** of Miralax/Gatorade at a rate of eight (8) ounces every 15-20 minutes (over 1-2 hours).
- Mix the 2nd dose. Mix the other half of the Miralax 238-gram bottle into the second 32oz Gatorade bottle. Refrigerate.

DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Take three (3) Simethicone 250 mg soft gels.
- Drink the **2nd dose** of Miralax/Gatorade at a rate of eight (8) ounces every 15-20 minutes (over 1-2 hours).
- Do not drink anything after this.

3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Stop drinking all liquids.
- Take all other medications with a small sip of water at least 3 hours prior.

NO CHEWING TOBACCO, GUM or SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Do NOT chew tobacco, gum or smoke on the date of the procedure, until after your procedure.
- Nicotine Patch OK.

TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.

BRING THE FOLLOWING TO YOUR PROCEDURE:

- Insurance Card/Photo ID.
- Completed Patient History Intake Form and List of Current Medications.

CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.

CALL 405-702-1300 IF YOU HAVE QUESTIONS

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