

GATORADE/MIRALAX BOWEL PREP – PM PROCEDURE

Please follow the instructions carefully to ensure a successful prep.

- **If you have any medical or medication questions, please call (605)721-5400 for procedures scheduled at The Endoscopy Center. If you are scheduled at Monument Health Rapid City Hospital or Black Hills Surgical Hospital-Imaging Center, please call (605)721-8380.**
- **You will receive sedation for this procedure. You must be accompanied by an adult friend, relative, or caregiver to drive you home. You may not drive or go home by taxi or bus. If you do not have a driver, your procedure will be cancelled.**
- You should plan to be at your scheduled facility for 2 to 3 hours.
- See our website <https://www.rcgastro.com/> and click the Endoscopy Center Tab for more information regarding our physicians and procedures.
- If you take **Phentermine** (Adipex-P, Lomaria, Suprenza), it must be stopped 7 days prior to procedure. **Contrave** (Naltrexone-bupropion) must be stopped 24 hours prior to procedure. Please contact your prescribing physician to determine if tapering instructions are needed.
- If you take a **GLP-1 agonist** for weight loss or diabetes, it must be stopped prior to procedure due to increased risk for delayed gastric emptying. These medications include (but are not limited to): Dulaglutide (Trulicity), Exenatide (Byetta), Exenatide Extended Release (Bydureon BCise), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin), Semaglutide (Wegovy, Ozempic, Rybelsus), and Tirzepatide (Mounjaro).
 - See **the Medication Information** sheet for detailed information on when to stop these medications.

7 Days Before Procedure

- Pick up prescription (optional anti-nausea medication called Ondansetron) at your pharmacy.** **Your prescription was sent electronically to your pharmacy at the time of schedule. If you do not pick up your prep within 7 days, your prescription may be filled and then put back on the shelf. Please call your pharmacy to verify the prescription is ready prior to picking up. If the pharmacy states they do not have your prescription and you waited more than one week to pick it up, it is possible they filled it and put it back on the shelf. You'll need to alert them of this so they can locate your prescription.*
- The following over the counter medications are needed for your colonoscopy preparation. They are available at your local pharmacy:**
 - **MiraLAX** (238 grams) or generic equivalent: **two 8.3 ounce bottles.**
 - **Simethicone** (Common brands are **Gas Relief, Gas-X, and Mylanta Gas.** Cherry flavor is fine) over the counter: **two 125 mg tablets.**
 - **Dulcolax (bisacodyl)** laxative: **two 5 mg tablets** *Buy laxative tablets, NOT stool softener.
 - **Gatorade** (no red, blue, or purple): 96 oz total (purchase one 64 oz and one 32 oz bottle)
- Optional items to purchase over the counter:
 - Pre-moistened wipes and ointment (A&D, Desitin) for use during prep to avoid irritation.
 - Additional clear liquids (no red, blue, or purple).
- Diabetics – contact physician for medication adjustments.

5 Days Before Procedure

- You must have a responsible adult driver, or your procedure will be cancelled. If you need to reschedule, please call (605)721-5400 for The Endoscopy Center or (605)721-8380 for Monument Health Rapid City or Black Hills Surgical Hospital-Imaging Center.
- Stop iron and fiber supplements and erectile dysfunction medications (Cialis/Viagra).
- If you are taking Aspirin 325 mg, decrease dose to 81 mg.
- If you are on a **blood thinning medication** (Coumadin, Xarelto, Brilinta, Ticlid, Heparin, Effient, Plavix, Pradaxa, Aggrenox, Eliquis) and have not received instructions regarding adjusting your medication, please contact the scheduling department at (605)721-5400 or (605)721-8380. These medications need to be held prior to the procedure.

4 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water.

3 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water.
- Stop eating popcorn, nuts, seeds, fruits and vegetables, and foods containing Olestra (fat-free foods including fat free chips and crackers). Begin low residue/low fiber diet (see <https://www.rcgastro.com/> for examples).
- If you've had a recent surgical procedure, been hospitalized, or been seen in the Emergency Department or Urgent Care since time of scheduling, please notify our office at (605)721-5400 or (605)721-8380 immediately as your procedure may need to be rescheduled.

2 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water.

1 Day Before Procedure

- Eat low residue/low fiber diet until 11:00 am.
- Clear liquids only after 11:00 am – no solid foods.
 - Approved: Sodas/pop, black coffee, tea, clear juices, fitness waters, chicken/vegetable/beef broth, gelatin, popsicles without pulp.
 - Not Approved: milk/dairy/creamer, juices or popsicles with pulp, red/purple/blue colored liquids.
- At 12:00 pm, take 2 (5 mg) tablets of Dulcolax with 8 oz of water or clear liquid.**
- Apply ointment (A&D, Desitin) to rectal area prior to starting prep and repeat as needed to avoid irritation.
- Use pre-moistened wipes after bowel movements as needed.
- Pour 64 oz of Gatorade into a pitcher (if you prefer to drink it chilled, refrigerate).
- At 4:00 pm, take a dose (125 mg) of Simethicone.**
- Mix and begin drinking prep at 4:00 pm.**
 - Mix together **ONE ENTIRE BOTTLE** (8.3 oz/238g) of MiraLAX with the 64 oz bottle of Gatorade.
 - You will use the open bottle of MiraLAX you've been using for your daily dose of MiraLAX tomorrow with the **32 oz** bottle of Gatorade.
 - Drink the Gatorade/Miralax solution by 10:00 pm.
 - You will have diarrhea and may feel chilled from drinking the prep.
 - If you begin to feel nauseated, take 4mg-8mg of Ondansetron, wait 30 minutes and then resume drinking the prep.
 - You may take 4mg-8mg of Ondansetron every 4 hours as needed for nausea.
 - Continue drinking clear liquids this evening.
- Diabetics – monitor blood sugar closely.
 - If blood sugar is >350, contact your prescribing physician.
 - If blood sugar is low, drink sweetened clear liquids or suck on hard candy.

Day of Procedure

- NO CHEWING TOBACCO OR POUCHES OF ANY KIND AT LEAST 6 HOURS PRIOR TO YOUR CHECK-IN TIME. If you do, your procedure will be cancelled due to risk of complications.**
- At 8:00 am, Take a dose (125 mg) of Simethicone.**
- Mix the remaining MiraLAX (from the bottle you used for taking a dose daily prior to procedure) into the **32 oz** bottle of Gatorade and begin drinking the solution.
- Finish prep and clear liquids by **10:30 am**. You may take 4mg-8mg of Ondansetron if feeling nauseated.
- Take your prescribed medications unless otherwise instructed.
- Do not take Aspirin or Aspirin containing products today.
- Nothing by mouth after **10:30 am** including water, gum, hard candy and smoking.
- Do not wear jewelry, piercings, or eye make-up to appointment.
- Bring inhaler and/or eyeglasses case with you if you use these items.
- Do not wear contact lenses to your procedure. Please wear your glasses instead. If you do not have glasses, bring contact lens case and solution with you. Your contact lenses must be removed prior to procedure.
- You do not need to come in earlier than your stated check-in time. Additional time for check-in and admission is

already built into check-in time.

- You must have a responsible adult driver, or your procedure will be cancelled.
- Be sure to bring picture ID, insurance cards, co-pay or deductible portion of your procedure with you.
- If you are scheduled at The Endoscopy Center, a urine pregnancy test will be performed on all women between 18-50 years of age who have not had surgical intervention (hysterectomy, tubal ligation) to prevent pregnancy. There is an option to decline.