



## MiraLAX + Gatorade PREPARATION

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|------------------------------------|----------------------------------|--------------------------------------------------------------|
| <b>Procedure date</b><br><br>_____ | <b>Arrival time</b><br><br>_____ | <b>Doctor's office phone</b><br><br>(352) 597-7744 Option #2 |
|------------------------------------|----------------------------------|--------------------------------------------------------------|

**We will send the prescription to your pharmacy and they will call when it is ready**

## 1. Taking Your Prep (Split Dose)

### Dose 1 — The Day Before \_\_\_\_\_

- Pour the entire bottle of MiraLAX (238 g) into 64 oz of Gatorade — any flavor except red or purple. Shake until dissolved and refrigerate; it tastes better cold.
- Dulcolax (bisacodyl): take 2 tablets at 10 AM and 2 tablets at 12 PM. Do not chew the tablets

Starting at **4 PM**, drink 32 oz (half) of the MiraLAX/Gatorade solution — one 8 oz glass every 15 minutes (4 glasses).

- Then drink at least 16 oz of additional clear liquids (water, broth, etc.) over the next hour to stay hydrated.

### Dose 2 — The Morning Of

Wake up at \_\_\_\_\_ **AM** (usually 6 hours before your procedure).

- Drink the remaining 32 oz of the MiraLAX/Gatorade solution — one 8 oz glass every 15 minutes (4 glasses).
- Then drink at least 16 oz of additional clear liquids over the next hour.

Complete all solution and fluids, and stop all liquids, at least **3 hours** before your procedure.

## Helpful Tips

- You're done prepping once your stool is clear or light yellow.
- Drinking the solution chilled or through a straw may help with the taste. If you feel nauseated, take a short break, then resume drinking.

## 2. Blood Thinners

**Do not stop any blood thinner on your own.**

These are general guidelines only — your doctor will tell you exactly what to do for your situation.

| Medication                    | What To Do                                                                                                                                                                                                |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aspirin (81 or 325 mg)</b> | Heart, stent, or stroke prevention: keep taking it.                                                                                                                                                       |
| <b>Clopidogrel (Plavix)</b>   | STOP 5 days before • Stent in last 12 months: don't stop without your cardiologist.                                                                                                                       |
| <b>Prasugrel (Effient)</b>    | Stop 7 days before. • Recent stent: don't stop without your cardiologist's approval.                                                                                                                      |
| <b>Ticagrelor (Brilinta)</b>  | Stop 5 days before. • Recent stent: don't stop without your cardiologist's approval.                                                                                                                      |
| <b>Warfarin (Coumadin)</b>    | Diagnostic/biopsy only: may continue. • Polyp removal expected: stop 5 days before (INR may be checked the day before). • Resume evening of/day after unless told otherwise; bridging usually not needed. |

|                                                |                                                                                                |
|------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>Apixaban<br/>(Eliquis)</b>                  | Stop 2 days before                                                                             |
| <b>Rivaroxaban<br/>(Xarelto)</b>               | Stop 2 days before                                                                             |
| <b>Dabigatran<br/>(Pradaxa)</b>                | Stop 2 days before                                                                             |
| <b>Enoxaparin<br/>(Lovenox)<br/>injections</b> | Stop 24 hours before (skip dose the day before). • Resume the day after unless told otherwise. |

### 3. GLP-1 Medications (Weight Loss / Diabetes Injections)

**STOP THE DOSE PRIOR TO THE PROCEDURE:** semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon).

These medications slow stomach emptying, which can affect your prep and raise the risk of food remaining in your stomach during sedation.

### 4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): STOP the medication the day prior and the day of the procedure.
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

### When to Call Your Doctor's Office

**Call if:**

- You can't keep the prep down or are vomiting repeatedly • You have severe belly pain or bloating • You're unsure about stopping/continuing any medication
- Your stool hasn't become clear or light yellow after finishing the prep • You have any other questions or concerns

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Questions about your prep? Call our office at (352) 597-7744.