

ARIZONA DIGESTIVE HEALTH

3815 E Bell Rd Suite 1250, Phoenix, AZ 85032
(602) 493-3030

9250 N. Third St. Suite 4035 Phoenix, AZ 85020
(602) 279-3575

Miralax-Gatorade (Generic: Clearlax)

Procedure Date: _____ Procedure Time: _____ Check- In Time: _____

Arrive one hour prior to procedure at address marked below:

North Valley Endoscopy Center
15255 N. 40th St Bldg. 8 Ste 157

Honor Health JCL NM Hospital
250 E. Dunlap (Main Entrance ~Information Desk)

*COLON CANCER STRIKES NEARLY 150,000 PEOPLE IN THE UNITED STATES EVERY YEAR AND OVER 50,000 DIE.
COLONOSCOPY HAS BEEN SHOWN TO REDUCE INCIDENCE AND MORTALITY FROM COLON CANCER*

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your procedure. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY (all supplies are purchased over the counter, no Rx required)

- 6- Dulcolax **Laxative** Tablets (overnight relief) containing 5 mg of bisacodyl each (**NOT** Dulcolax stool softener) (Generic is ok)
- 1 - 8.3 oz. bottle of Miralax (Generic: Clearlax) (238 grams)
- 64 oz. clear liquids (**NO RED, PURPLE**). Gatorade, G2, Gatorade Ice, Powerade, Powerade Zero, or Water is acceptable.

STOP THE FOLLOWING MEDICATIONS AS INSTRUCTED BELOW (2 to 7 days before your procedure)

- **Hold GLP-1's such as:** Ozempic, Trulicity, Mounjaro, Byetta, Bydureon, Victoza, Adlyxin, Rybelsus.
 - **If weekly injectables, hold 1 week prior to your procedure.**
 - **If daily dosing, hold the day of your procedure.**
- **Blood Thinners including:**
 - **Discontinue 5 days before your procedure:** Plavix, Coumadin/Warfarin, Clopidogrel, Effient, Prasugrel and Aggrenox.
 - **Discontinue 2 days before your procedure:** Brilinta Eliquis, Xarelto/Pradaxa.
- If not sure medications you are taking are blood thinners, CONSULT your Physician/Pharmacist

THREE (3) DAYS BEFORE YOUR COLONOSCOPY:

Begin a light diet. Stop eating all nuts, seeds, popcorn, and red meat.

DAY BEFORE YOUR COLONOSCOPY:

1. Begin a **CLEAR LIQUID DIET, NO SOLID FOOD** all day. Drink at least 8 glasses of water during the day to avoid dehydration.
2. **At 12 noon**, take 4 Dulcolax tablets. Mix 64 oz. of liquid with 8.3 oz. bottle of Miralax (Generic: Clearlax) and refrigerate (**DO NOT ADD ICE**).
3. **Between 4 and 5 pm**, drink one 8 oz. glass of the Miralax (Generic: Clearlax)/Gatorade solution and continue drinking one 8oz. glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep pace. **May cause you to be very cold...this is normal.**
4. **At 7:30pm**, take 2 more Dulcolax tablets.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy (no red or purple)

Not Clear Liquid:

- **NO RED, PURPLE OF ANY KIND**
- No alcohol
- No milk or non-dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

DAY OF YOUR COLONOSCOPY

- **"NOTHING to eat or drink at least 8 hours before your procedure"**. No sips, no ice, no gum, and no hard candies 8 hours before your procedure.
- **If you followed all instructions and your stool is no longer formed, but clear/yellow liquid, you are ready for your exam.**

SPECIAL INSTRUCTIONS FOR MEDICATIONS:

- **HEART/BLOOD PRESSURE MEDICATIONS-** May be taken the day of the procedure with a very small sip of water.
- **DIABETIC MEDICATIONS-** The day before your procedure take ½ your morning dose. **DO NOT TAKE** any diabetic medication the night before or morning of your procedure.

COLON CLEANSING TIPS

1. Stay near a toilet! You will have diarrhea which can be quite sudden.
2. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes.
3. If you feel nauseous or you vomit, rinse your mouth with water, take a 30-90 minute break, then continue drinking the cleansing solution.
4. You will be uncomfortable until the stool has flushed from your colon (in about 2 to 4 hours)
5. Alcohol-free baby wipes or Vaseline may help ease skin irritation.
6. Over-the-counter hydrocortisone creams, hemorrhoid treatments or Tucks medications may be used as desired.