

MIRALAX AND SPORTS DRINK PREP (THE SHORT STORY)

ONE WEEK BEFORE THE PROCEDURE

- Arrange transportation for your procedure from an **ADULT DRIVER THAT YOU KNOW**. This cannot be a taxi or rideshare.
- Stop taking **IRON, CHARCOAL, and PEPTO BISMOL**.
- If you take blood thinners, contact your prescribing doctor for instructions on dosing management.

• If you use **WEIGHT LOSS** or **DIABETES MEDICATIONS** called **GLP-1 AGONISTS** (including Ozempic, Wegovy, Mounjaro, and Zepbound), please read the **LONG STORY** carefully on how the medications will need to be adjusted.

- **Daily medications:** Skip the dose on the day of your procedure
- **Weekly medications:** Skip the dose for at least 7 days before your procedure
- You must drink **CLEAR LIQUIDS ONLY** for the 24 hours before your procedure time.

THREE DAYS BEFORE THE PROCEDURE

- **Go to the pharmacy and grocery store to pick up (no prescriptions are needed):**
 - MIRALAX (or generic polyethylene glycol 3350) — one 238 gram bottle
 - GATORADE OR PROPEL — two 28-32 oz. bottles
 - Any flavor is fine, just not red or purple in color.
 - If you have diabetes, you may use sugar-free Gatorade.
 - DULCOLAX (bisacodyl) laxative tablets (not the stool softener or suppository version) — you will need 3 tablets
 - Simethicone (liquid only — adult or infant formulation)
 - Clear liquids and low residue foods for the days before the procedure
 - Baby wipes with aloe and/or diaper rash cream
- **Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!**

DAY BEFORE THE PROCEDURE

- Mix $\frac{1}{2}$ of the Miralax 238 gram bottle into EACH 28-32 oz. Gatorade or Propel bottle until dissolved and keep cold in the refrigerator.
- **BREAKFAST AND LUNCH** = you may have white food with close to zero fiber (ex. cheese, egg, white bread) before 2 p.m..
- **AFTER 2 P.M.** = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles). No red or purple liquids!
- **5:00 P.M.** = take 3 tablets of Dulcolax laxative pill with water by mouth.
- **7:00 P.M.** = start drinking one of the 28-32 oz. Miralax/Sports Drink mixtures.
 - Drink one 8 oz. glass every 15-20 minutes until completed.
- **Continue to drink at least 8 oz of fluid each hour you are awake.**

MORNING OF YOUR PROCEDURE

- **4 hours before you plan on leaving for your procedure:**
 - Drink 200 mg of Simethicone (see LONG STORY for dosing details)
 - Start drinking the second 28-32 oz. Miralax/Sports Drink mixture.
 - Drink one 8 oz. glass every 15 minutes until completed.
 - You **MUST FINISH** the final glass of clear liquid **AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!**
- **3 hours before your scheduled procedure time:**
 - Absolutely nothing more to eat or drink!
- **If you take medications for HIGH BLOOD PRESSURE, IRREGULAR HEARTBEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:**
 - Please take your medication with a sip of water the morning of your procedure.
- **40 minutes before your scheduled procedure time:**
 - Confirm your assigned procedure location (listed in your reminder texts and patient portal).
 - Check in at your assigned location (Northbrook or Libertyville).

If your procedure is scheduled for **12:00 PM or later**, you must also read "**INSTRUCTIONS FOR AFTERNOON PROCEDURES**" for adjusted timing. For additional questions, read the "**LONG STORY**."



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