SUMMIT GASTROENTEROLOGY
SPECIALISTS IN DIGESTIVE HEALTH CARE.

Digestive Health Specialists
powered by GI Alliance

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COLONOSCOPY PREP USING MIRALAX AND GATORADE

Patient _____

Doctor _____

Date _____

Arrival Time _____

Procedure Time _____

LOCATIONS:

____ **St. Luke's Outpatient Surgery Center**
120 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **St. Luke's East Hospital**
100 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **Lee's Summit Medical Center**
2100 SE Blue Pkwy.
Lee's Summit, MO 64063

____ **Blue River Surgery Center**
1318 E. 104th Street
Kansas City, MO 64131

____ **Ascentist Hospital Outpatient Department**
4801 College Blvd., 1st Floor
Leawood, KS 66211

Below is a set of instructions that need to be followed closely in order to ensure that your colon is "cleaned out" for your colonoscopy. Please read these instructions several times and do not hesitate to contact us with any questions. Your bowel preparation is a very important part of your procedure.

AT LEAST A WEEK BEFORE YOUR PROCEDURE with Summit Gastroenterology:

- Check with your prescribing doctor to make sure it is safe to hold prescription blood thinner: _____ _____ for ____ days prior. Please do not take any Aspirin or Plavix the day of your procedure.
- Hold prescription diet pills, i.e.-phentermine. **HOLD 1 WEEK PRIOR TO PROCEDURE.**
- Hold weekly dosing of GLP's: Trulicity (Dulaglutide), Bydureon BCise (Exenatide), Mounjaro, Zepbound (Tirzepatide), Ozempic, Wegovy (Semaglutide). *HOLD 1 WEEK PRIOR TO PROCEDURE.

FOUR DAYS BEFORE YOUR PROCEDURE:

- Hold Steglatro (Ertugliflozin). *HOLD FOR 96 HOURS PRIOR TO PROCEDURE.

THREE DAYS BEFORE YOUR PROCEDURE:

- Hold Jardiance (empagliflozin), Invokanna (canagliflozin), Farxiga (dapagliflozin). *HOLD FOR 72 HOURS PRIOR TO PROCEDURE.

SEVERAL DAYS BEFORE YOUR PROCEDURE please purchase the following over the counter supplies at your local pharmacy:

1. 64 oz. of Gatorade or Powerade (NOT red, orange, or purple) (you may substitute 64 oz. of Crystal Light Lemonade or Propel G-2 for Gatorade)
2. A 238gm bottle of Miralax (or its generic version)
3. Dulcolax 5 mg laxative tablets (generic is ok), small box
4. Simethicone 125mg tablets (Gas-X), small box

THE DAY BEFORE YOUR PROCEDURE.

- The day PRIOR to your scheduled procedure, you are **NOT TO EAT ANY SOLID FOODS** but instead have plenty of clear liquids. Do Not drink **RED**, **ORANGE**, or **PURPLE** clear liquids. Clear liquids permitted are as follows: water, tea,black coffee, apple juice, white grape and apple juices, lemon or lime Jell-O™, chicken or beef broth (NO noodles!), popsicles, 7 UP™ and Sprite™.
- You may have liquid Boost (not powder) or Ensure until 3:00pm ONLY (no substitutions).
- **Do not** drink alcohol – **Do not** drink milk or milk products – **Do not** drink orange juice
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.

** *If you are diabetic, take only half of your normal dose of insulin or oral medications.*

Your bowel preparation is composed of **2 doses, taken at different times.**

You will take the **1st dose THE DAY PRIOR** TO YOUR SCHEDULED PROCEDURE and the **2nd dose** THE **MORNING OF** YOUR SCHEDULED PROCEDURE. To start your bowel preparation you will need to mix the entire 238gm bottle of Miralax powder in 64 oz. of Gatorade (or Powerade) and split this mixed beverage into two 32 oz. servings. These are the "**two doses**" of your bowel preparation.

At **9:00am,** take 2 Dulcolax laxative tablets the day before your procedure. Continue to drink lots of clear liquids throughout the day.

1ST DOSE of Miralax:

- The evening before your procedure, usually between **4:00pm - 6:00pm,** begin drinking the first portion of the Miralax/Gatorade mixture and take 2 simethicone tablets: one **8 oz.** glass every **15-30 minutes** until you have finished the **first 32 oz. portion** of Miralax/Gatorade. This should take you approximately 1-2 hours. We encourage you to continue drinking lots of clear liquids after this dose up until midnight.
- Stay close to the toilet in the evening – the goal is to have diarrhea!

2ND DOSE of Miralax:

- The morning of your procedure: **5-6 hours** prior to your scheduled procedure time, begin drinking the **second portion** of the Miralax/Gatorade **(32 oz.)** and take 2 more simethicone tablets. Drink 8 oz. every **15-30 minutes,** even if you think you are cleaned out. **You must be COMPLETELY DONE WITH THIS DOSE AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE TIME.** After you complete this dose, **do not have anything else to drink until after your procedure.** *For example, if your procedure is at 9:00am, you might need to get up at 3:00am - 4:00am and drink the second dose for your bowel preparation and complete it by 5:00am.*

We understand that this might mean that you need to get up early for your prep on the day of your exam. This is because we want you to have the best bowel prep possible.

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to HOLD and DO NOT TAKE on the day of your procedure. Bring it with you.
- Take any heart, blood pressure, or seizure medications routinely with a small sip of water. Do this several hours before your procedure.
- **No smoking or vaping the day of the procedure. No chewing tobacco. Avoid ALL tobacco products day of procedure. No chewing gum the day of the procedure.**
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.
- Hold all other medications the day of the procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home must be present at the time of check-in and stay at the facility or your colonoscopy will be CANCELLED or RESCHEDULED. They will need to stay with you for 12 hours afterwards.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.
- No work, driving, operating machinery, or making legal decisions x 24 hours after procedure.

COLON CLEANSING TIPS:

- **Walking will help move the solution through your body.**
- **Drink the Miralax chilled.**
- **It may be helpful to drink sips of the Miralax through a long straw.**
- **If you feel bloated or your stomach feels "full", slow down drinking the Miralax. Drink 8 oz. of Miralax every 20-30 minutes (instead of every 15 minutes).**

During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow the above listed instructions

- **No liquids of any kind up to 4 hours prior to your procedure time**

Failure to comply with these instructions will result in the cancellation or delay of your procedure. Judgment will be made by your anesthesia provider.

*****REMEMBER – the goal is to get cleaned out. If you have any problems with the prep, please contact our office (816) 554-3838 during business hours or (913) 338-8388 after hours to speak with the doctor on call.*****

*** CANCELLATION POLICY ***

$100 fee for cancellation of endoscopy appointments with less than 72 hours notification.
If you need to cancel or reschedule, call Summit GI at 816-554-3838,
NOT the facility where your procedure is scheduled.

****INSURANCE INFORMATION****

Our office may verify insurance benefits and contact you to discuss our procedure fee.