

# Colonoscopy with Miralax and Gatorade Prep (Standard Prep)

## Colonoscopy Preparation Timeline

Check boxes  as you progress!



### 21 Days Before or ASAP: *Purchase the items for Standard Prep\**

\*We recommend purchasing a Prep Kit from MNGI Digestive Health. You can scan the QR code or visit <https://www.mngi.com/colonoscopy-prep-kits>  
Gatorade is not included in the prep kit and needs to be purchased separately.



Or... the individual items can be purchased at your local pharmacy:

- Two (2) 5mg Bisacodyl tablets
- One (1) 8.3oz bottle of Polyethylene Glycol (PEG) 3350 powder (MiraLAX or generic equivalent)
- 64oz Gatorade/Powerade or approved electrolyte beverage (**NO** red colors)
- Two (2) 125mg or three (3) 80mg Simethicone tablets, chews, or softgels
- One (1) 10oz bottle Magnesium Citrate (**NO** red coloring) or 16-18g powdered Magnesium Citrate

**Medication Adjustments:** If taking **GLP-1 agonists** (Ozempic, Weygovy, Trulicity, Rybelsus, or others) or **SGLT-2 inhibitors** (Invokana, Farxiga, Jardiance, Steglatro) follow specific holding guidelines. <https://www.mngi.com/colonoscopy-info>



### 7 Days Before:

- STOP** taking fiber and iron supplements.
- If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.



### 3 Days Before:

- Begin low-fiber diet (10-15g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fresh fruit, raw vegetables, etc.

For additional details on following a low fiber diet, please visit [www.mngi.com/conditions/low-fiber-diet](http://www.mngi.com/conditions/low-fiber-diet)





## 2 Days Before:

- ☐ Stay well-hydrated.
- ☐ **STOP** eating solid foods at **11:45PM**
- ☐ **BEGIN** clear liquid diet (only liquids you can see through - no red).

For additional details on following a clear liquid diet, please visit  
<https://www.mngi.com/conditions/clear-liquid-diet>



## 1 Day Before:

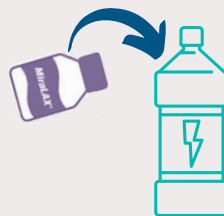
- ☐ **NO SOLID FOOD - ALL DAY.** Clear liquids **ONLY**
- ☐ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp
- ☐ At **12PM**, take two (2) Bisacodyl tablets.
- ☐ Between **4-6PM**, drink MiraLAX-Gatorade mixture (~one 8oz glass every 15min).
  - ☐ Mix 1 bottle of MiraLAX with 64oz of liquid (a minimum of 56oz of electrolyte beverage should be used to mix MiraLAX).
    - Up to 8oz of water can be added to achieve the desired 64oz.
- ☐ With last glass of MiraLAX-Gatorade mixture, take 240-250mg of Simethicone.

12PM



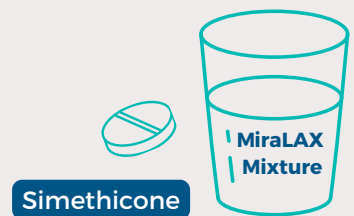
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Between 4-6PM



+

Last Glass of MiraLAX Mixture



**Continue clear liquid diet ONLY**



## Day of Procedure (Continues on next page):

- ☐ **4 HOURS BEFORE: Drink Magnesium Citrate.** Even if your stool looks clear, **DO NOT** skip this step. Magnesium Citrate is key to removing an additional layer of stool and is important for good prep.



10oz bottle of  
LIQUID  
Magnesium  
Citrate

OR



16 - 18 g Magnesium  
Citrate POWDER  
packet dissolved in  
10oz water

+



## Day of Procedure (Continued)



- ❑ **NO SOLID FOOD.** Clear liquids **ONLY**
- ❑ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp
- ❑ **DO NOT USE:** chewing tobacco, THC, marijuana, or illicit drugs.
- ❑ **DO NOT TAKE:** any chewable vitamins or supplements.
- ❑ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.
  - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.



### 3 Hours Before:

- ❑ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the colonoscopy.
- ❑ Ensure stool is clear/yellow/tea colored liquid **ONLY** before your appointment. If uncertain, contact our office at 612-871-1145.



### Additional Information:

- **Colon Cleansing Tips:** Stay well hydrated, remain near a toilet, and continue drinking the prep solution every 15 minutes. You may want to keep the solution chilled, but do not add ice. You may also consider using a straw.
- **Appointment Changes:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, or breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.
- **Responsible Person Requirement:** Ensure you have a companion with you for check-in, discharge, and transportation.
- **How will I know I'm ready?** When you are finished with your prep, you should not have any solid stool - stool should be clear/yellow/tea colored liquid. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.
- **Questions?** For answers to frequently asked questions about your colonoscopy prep and visit, you can go to <https://www.mngi.com/colonoscopy-faqs>