

# Colonoscopy with Miralax and Gatorade Prep (Double Prep)

## Colonoscopy Preparation Timeline

Check boxes ☐ as you progress!



### 21 Days Before or ASAP: *Purchase the items for Double 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
- ☐ Two (2) 8.3oz bottle of Polyethylene Glycol (PEG) 3350 powder (MiraLAX or generic equivalent)
- ☐ 128oz Gatorade/Powerade or approved electrolyte beverage (**NO** red coloring)
- ☐ Two (2) 125mg or three (3) 80 mg Simethicone tablets, chews, or softgels
- ☐ One (1) 10oz bottle Magnesium Citrate (**NO** red coloring) or 17g powdered Magnesium Citrate



### 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](https://www.mngi.com/conditions/low-fiber-diet)



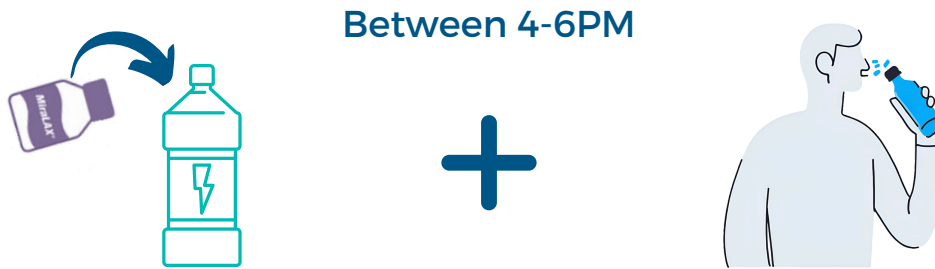


## 2 Days Before:

- ▣ **STOP** eating solid foods in the morning and begin clear liquid diet (only liquids you can see through). **NO** alcohol, red liquids, dairy, oils, pulp, etc.

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

- ▣ 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).
- ▣ Between **4-6PM**, drink MiraLAX-Gatorade preparation.



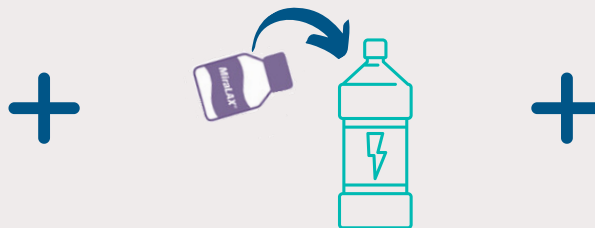
## 1 Day Before:

- ▣ Continue clear liquid diet. **NO** solid foods. **NO** alcohol, red liquids, dairy, oils, pulp, etc.
- ▣ At **12PM**, take two (2) Bisacodyl tablets.
- ▣ Mix 1 bottle of MiraLAX with 64oz of liquid (a minimum of 56oz of electrolyte beverage should be used to mix MiraLAX and up to 8oz of water can be added to achieve the desired 64oz).
- ▣ Between **4-6PM**, drink MiraLAX-Gatorade preparation (~one 8oz glass every 15min).
- ▣ With last glass of MiraLAX-Gatorade preparation, take 240-250mg of Simethicone.

**12PM**



**Between 4-6PM**



**Last Glass of MiraLAX Mixture**



**Continue liquid diet ONLY**

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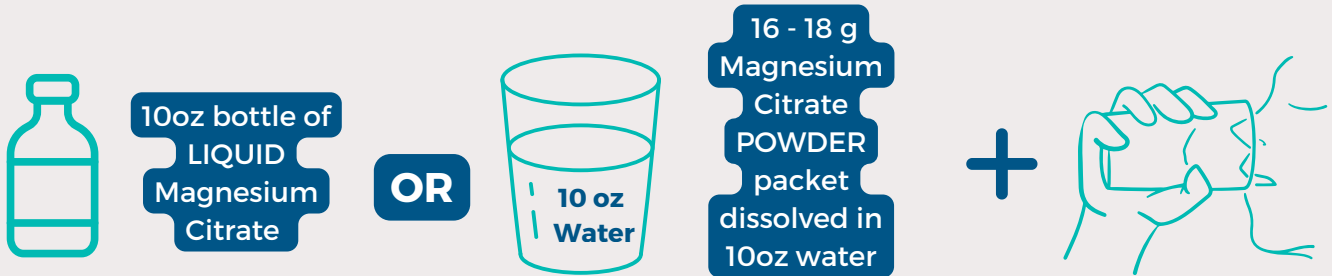
## Day of Procedure:

- ▣ Clear liquid diet **ONLY**.
- ▣ 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.
  - DO NOT take any chewable vitamins or supplements.
- ▣ **DO NOT** use chewing tobacco, THC, marijuana, or illicit drugs.



## 4 Hours Before:

- ▣ Drink Magnesium Citrate



## 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:

- **Medication Adjustments:** If taking GLP-1 agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, or others) or SGLT-2 inhibitors (Invokana, Farxiga, Jardiance, Steglatro) follow specific holding guidelines. <https://www.mngi.com/colonoscopy-info>
- **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:** Reschedule if experiencing flu-like or respiratory symptoms, or if you have newly diagnosed medical conditions
- **.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>