

# TEXAS★ENDOSCOPY

6405 W. Parker Rd, Suite 370 • Plano, Texas 75093 • 972-473-9900  
8080 Independence Parkway, Suite 160 • Plano, TX 75025 • 972-908-3000

**\*You MUST HAVE TRANSPORTATION from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation, even no paid/non-paid medical transportation services. IF you do not have this transportation in place when you arrive you will be cancelled for your procedure(s).**

**\*For any questions regarding your Bowel Prep instructions, please call your physician's office:  
McKinney Office is 972-562-4430                      Plano Office is 972-.943-9094**

## MIRALAX® Preparation Instructions for Colonoscopy

### 7 Days Prior to Procedure:

- **MEDICATION INFORMATION:**
- **IF you are taking these medication on a weekly basis for weight loss you must stop these medication for 7 days prior to the date of your procedure: Any semiglutide- Ozempic®, Wegovy®, Trulicity®, Bydureon®, Mounjaro®. If you have not stopped these medications your procedure will be cancelled.**
- **IF you are taking these medication a daily basis for Diabetes you must stop them the day prior to your procedure: Rybelsus®, Victoza®, Saxenda®, Byetta®, Invokana®, Steglatro®, Farxiga®, Adlyxin®. If you have not stopped these medications your procedure will be cancelled**
- **IF you are taking Plavix®, Coumadin® (Warfarin®), Lovenox®, Eliquis®, Brilinta® or any other prescribed blood thinner, it's very important that you notify the nurse at your GI Physician's office for instructions as when to when to STOP this medication before your procedure (see numbers above).**
- **IF you are taking a diet medication that contains the product PHENTERMINE® YOU MUST STOP THIS MEDICATION 4 DAYS PRIOR TO YOUR PROCEDURE**
- **IF you are taking 325mg Aspirin®, switch to 81mg Aspirin® daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin®, do not stop prior to procedure.**
- **DO NOT eat NUTS and SEEDS** i.e. popcorn, strawberries, etc. for 7 days prior to procedure

### MIRALAX® Instructions for Colonoscopy this is a two part prep:

#### **DAY PRIOR TO YOUR PROCEDURE:**

1. If you have not purchased your bowel prep prior to the day prior to procedure, please go to your Pharmacy of choice and purchase Miralax® products for your prep. **Purchase 2-238gm bottles**
  - A) The Day Prior to Procedure:**

You **MUST** be on a clear liquid diet **ALL DAY starting as soon as you get up! (NO SOLID FOODS)**

    1. **List of liquids:** Tea, Black Coffee (no creamer), Coke®, Sprite®, diet sodas, chicken or beef broth, Jell-O®, Popsicles® (Not Fruit Sickles®), apple juice, cranberry juice (natural red), Gatorade®, Powerade®, and water.
    2. **Absolutely no RED/PURPLE** products. No Orange Juice, Milk, or Milk Products such as Creamers or Non-Dairy Creamers.
    3. **You will need to take any Thyroid, Blood Pressure, Seizure, Anxiety medications. Only take a half dose of your Diabetic medications.**
  - B) The Night Prior to Procedure:**
    1. **At 6:00 p.m.**, mix entire 238 gram bottle of Miralax into 64 oz. of water or crystal light lemonade®. Drink 32 ounces of mixture within 1 hour
    2. To ease nausea while drinking prep, try using a straw and/or sucking on a lemon wedge.

- C) **\*If by 9pm** you have not had a bowel movement or you are not passing clear yellow liquid (looks like urine) from your rectum, MIX one 238 gram container of Miralax® in 64oz. of water. Drink half (32oz) of this mixture over 1 hour.
- E) **\*\*If by 10pm** you're still not passing clear yellow liquids from your rectum, drink the other half (32oz) of mixture over 1 hour.
- F) **\*\*If by 1030pm** you have not had any bowel movements by 10:30pm, call our your GI physician's office for the physicians on call.

**DAY OF PROCEDURE:**

1. **6 hours prior** to your procedure mix entire 238 gram bottle of Miralax into 64 oz. of water or Crystal light lemonade®. Drink 32 ounces of mixture within 1 hour
  - a). To ease nausea while drinking prep, try using a straw and/or sucking on a lemon wedge.
2. Nothing by **mouth 4 hours prior** to your procedure except: You may take your Thyroid, Blood Pressure or Anxiety, Heart or Seizure medications with small sips of water no later than 2 hours prior to your procedure

**\*\*DO NOT take your Diabetic medications this morning prior to procedure\*\***

**\*You MUST HAVE TRANSPORTATION from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation, even no paid/non-paid medical transportation services. IF you do not have this transportation in place when you arrive you will be cancelled for your procedure(s).**