

MiraLAX + Gatorade PREPARATION

Azzam Muftah, MD. Rami Abboud, MD. Abdullah Muftah, MD

15205 Cortez Blvd. Brooksville, FL. 34613

Procedure date _____

Arrival time _____

Doctor's office phone

(352) 597-7744 Option #2

1. Taking Your Prep (Split Dose)

Dose 1 — The Day Before _____

- Pour the entire bottle of MiraLAX (238 g) into 64 oz of Gatorade — any flavor except red or purple. Shake until dissolved and refrigerate; it tastes better cold.
- DULCOLAX: take 2 tablets at 10 AM and 2 tablets at 2 PM. DO NOT CHEW
- Starting at **4 PM**, drink 32 oz (half) of the MiraLAX/Gatorade solution — one 8 oz glass every 15 minutes (4 glasses).
- Then drink at least 16 oz of additional clear liquids (water, broth, etc.) over the next hour to stay hydrated.

Dose 2 — The Morning Of

Wake up at _____ **AM** (usually 6 hours before your procedure).

- Drink the remaining 32 oz of the MiraLAX/Gatorade solution — one 8 oz glass every 15 minutes (4 glasses).
- Then drink at least 16 oz of additional clear liquids over the next hour.

STOP ALL LIQUIDS AT LEAST 3 HOURS BEFORE PROCEDURE

Helpful Tips

- **Do NOT** eat solid food once you start the prep.
- Stay near a bathroom — the prep usually starts working within 1–2 hours.
- You're done prepping once your stool is clear or light yellow.
- Drinking the solution chilled or through a straw may help with the taste. If you feel nauseated, take a short break, then resume drinking.

2. Blood Thinners

Do not stop any blood thinner on your own. Your Doctor's office will provide instruction on what to do.

3. GLP-1 Medications (Weight Loss / Diabetes Injections)

STOP THE DOSE PRIOR TO THE PROCEDURE: semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon).

These medications slow stomach emptying, which can affect your prep and raise the risk of food remaining in your stomach during sedation.

4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): STOP the medication the day prior and the day of the procedure.
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

When to Call Your Doctor's Office

Call if:

- You can't keep the prep down or are vomiting repeatedly
- You have severe belly pain or bloating
- You're unsure about stopping/continuing any medication
- Your stool hasn't become clear or light yellow after finishing the prep
- You have any other questions or concerns