



ELITE GASTRO

MiraLAX® Colonoscopy Preparation

Follow every step so your colon is clean and your procedure can be completed safely.

PROCEDURE DATE	ARRIVAL TIME	PROCEDURE TIME
_____	_____	_____

1. CHOOSE YOUR PROCEDURE LOCATION

☐ HCA South Tampa Hospital 2901 W Swann Ave, Tampa, FL 33609 (813) 873-6400	☐ Tampa Bay Endoscopy Center 4809 N Armenia Ave, Suite 100, Tampa, FL 33603 (813) 658-5037
☐ St. Joseph's Hospital - Main 3001 W Dr Martin Luther King Jr Blvd, Tampa, FL 33614 (813) 870-4000	☐ AdventHealth Carrollwood 7171 N Dale Mabry Hwy, Tampa, FL 33614 (813) 932-2222
☐ New Port Richey Surgery Center 9332 SR 54, Suite 100, Trinity, FL 34655 (727) 848-0446	☐ Trinity Hospital 9330 SR-54 E, Trinity, FL 34655
☐ BayCare Surgery Center - Trinity 2020 Trinity Oaks Blvd, Trinity, FL 34655 (727) 372-4055	

2. FOLLOW THIS PREPARATION TIMELINE

1	2-3 DAYS PRIOR - Stay on a low-fiber diet. - Avoid nuts, seeds, beans, corn, and peas.
2	2 DAYS PRIOR - ONLY IF YOU HAVE CONSTIPATION - Begin a clear liquid diet in the morning. 6:00 PM: Drink 10 oz magnesium citrate. Do NOT take magnesium citrate if you have congestive heart failure (CHF) or are on dialysis.
3	1 DAY PRIOR — CLEAR LIQUIDS AND PREP Clear liquid diet only, all day. No solid food. IF YOUR PROCEDURE IS IN THE MORNING: 6:00 PM: Take 2 bisacodyl tablets, then drink 8 oz of the solution every 15 minutes for 4 doses (half the container). 11:00 PM: Take 2 bisacodyl tablets, then finish the remaining solution the same way. IF YOUR PROCEDURE IS IN THE AFTERNOON: About 10:00 PM: Take 2 bisacodyl tablets, then drink 8 oz of the solution every 15 minutes for 4 doses (half the container).
4	DAY OF PROCEDURE MORNING procedures: you may finish the second dose early this morning instead of 11:00 PM, as long as you are done by 6:00 AM. Nothing by mouth once the prep is finished. AFTERNOON procedures: Take 2 bisacodyl tablets, then finish the remaining solution the same way. Clear liquids are allowed until 9:00 AM. Nothing by mouth after that. Diabetic patients: nothing by mouth 2 HOURS BEFORE your procedure. See the medication instructions on page 2.



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MiraLAX® Medication & Safety Guide

3. MEDICATION ADJUSTMENTS

WHEN TO STOP	MEDICATION TYPE	COMMON EXAMPLES
STOP 7 DAYS PRIOR	GLP-1 medications	Ozempic®, Wegovy®, Rybelsus® (semaglutide); Mounjaro® or Zepbound® (tirzepatide); Trulicity® (dulaglutide); Victoza® or Saxenda® (liraglutide)
STOP 7 DAYS PRIOR	Phentermine / weight-loss medicines	Adipex-P® (phentermine) and combination weight-loss medicines containing phentermine
STOP 7 DAYS PRIOR	Iron, multivitamins with iron, and fish oil	Ferrous sulfate; prenatal vitamins or multivitamins containing iron; omega-3/fish-oil supplements
STOP 3 DAYS PRIOR	SGLT-2 inhibitors	Jardiance® (empagliflozin), Farxiga® (dapagliflozin), Invokana® (canagliflozin), Steglatro® (ertugliflozin)
STOP 2 DAYS PRIOR	Fiber supplements	Metamucil®, Citrucel®, Benefiber®, psyllium, methylcellulose, wheat dextrin
STOP 7 DAYS PRIOR	Aspirin	Full-dose aspirin and aspirin-containing products. Baby aspirin (81 mg) is NOT stopped — keep taking it as usual.
STOP 7 DAYS PRIOR	NSAIDs	Advil®, Motrin® (ibuprofen), Aleve® (naproxen), and similar anti-inflammatory pain relievers. Tylenol® (acetaminophen) is okay.

IMPORTANT: Do not stop prescription blood thinners or diabetes medicines unless your prescribing clinician or the procedure team gives you specific instructions.

4. MEDICATION INSTRUCTIONS FOR THE DAY OF PROCEDURE

DIABETIC PATIENTS - Follow these medication instructions.

- Insulin-dependent patients may take insulin if necessary, but at half the usual dose with close monitoring of glucose. Keep a sugary clear liquid available if necessary to regulate your blood sugar. Nothing by mouth 2 hours prior to your procedure.
- Non-insulin-dependent diabetic patients: hold your oral diabetic medication until after your procedure.

OTHER MEDICATION & CONDITION INSTRUCTIONS

- Unless your doctor gave you other instructions, prescribed medication(s) may be taken as scheduled with a small sip of water at least 3 hours before your procedure. Do not take anything else by mouth until your procedure is completed.
- Asthma patients: bring your inhaler to your appointment.
- It is imperative that you take all seizure and blood pressure medication on the morning of the procedure unless otherwise specified.**

5. CLEAR LIQUID EXAMPLES

ALLOWED	NOT ALLOWED
- Water - Clear broth or bouillon - Apple juice or white grape juice - Lemonade without pulp - Sports drinks - Clear soda or ginger ale - Tea or coffee without milk or creamer - Gelatin and ice pops without fruit pieces	- Any solid food - Milk, cream, or non-dairy creamer - Orange juice or any juice with pulp - Smoothies - Alcohol - Red or purple liquids

6. IMPORTANT SAFETY & TRANSPORTATION

- Driver must be age 18 or older and remain onsite.
- No Uber, Lyft, taxi, or public transportation.**
- No driving, work, or legal decisions for **24 hours**.
- Tell your doctor if you have a heart valve replacement, take blood thinners, or use insulin.
- You MUST have someone drive you home after the procedure.**

\$150.00 NO-SHOW FEE
Procedures not cancelled within 3 business days will incur a \$150.00 fee.

