



Allegheny Regional Endoscopy
810 Valley View Blvd.
Altoona, PA 16602
Front desk: 814-946-5469 Fax: 814-946-4970

Your colonoscopy is scheduled on:

Miralax 2-Day Prep Instructions

- Avoid iron supplements for 5 days prior to your procedure.
- Avoid eating whole-grain bread/cereals with nuts/seeds and corn for 5 days prior to your procedure.

2 days prior to your procedure:

- Begin the low-residue diet (see attached page) first thing in the morning.
- At 5:00pm, mix a 7-day supply of Miralax with 32 ounces of Gatorade. **NO RED OR PURPLE.** *If you are diabetic, please use Gatorade Zero.* Drink the entire 32 ounces at your own pace, throughout the evening. Once finished, you may continue to drink clear liquids (see list below).

1 day prior to procedure:

- Continue *clear liquids only* throughout the day.
- At 3:00pm, take 2 Dicolax tablets (5mg each). Next, add lukewarm water to the "fill line" on the container holding a 14-day supply of Miralax (total 1 gallon). Cap the container, shake vigorously and refrigerate.
- At 5:00pm, start to drink half of the Miralax prep solution at your own pace, throughout the evening. You may also continue to drink clear liquids.
- *8 hours before your scheduled procedure time*, drink the second half of the Miralax prep solution. *This second half of the prep should be consumed within 3 hours. You may then continue to drink clear liquids until 2 hours before your schedule procedure time.*

Notes

- It may take a few hours for the prep to start working.
- It is normal to feel very full or bloated during your prep. *If you experience nausea and/or vomiting, wait 30 minutes before resuming prep/liquids. If vomiting does not disappear once you begin to move your bowels, please call us immediately for further instructions.*

ACCEPTABLE CLEAR LIQUIDS

Water Gatorade Jell-O Kool-Aid Broth Popsicles
Lemonade Apple juice White grape juice White cranberry juice Soda (all)
Black coffee (no added cream or sugar) Iced tea Hot tea (no added sugar, honey)

Do not consume any liquids which are red or purple in color

Colonoscopy and Anesthesia

The gastroenterology and anesthesia teams at Allegheny Regional Endoscopy welcome you to our facility. Our intention is for every patient to have a pleasant experience while visiting. For this to occur, it takes teamwork from not only our experienced staff but also from you, our patient. **It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions. Failure to comply with the below guidelines could result in the delay and/or cancelation of your procedures without question.**

- **YOU MUST** have a driver to sign you out of recovery after anesthesia. **You cannot use UBER, LYFT, Healthride or MediVan.**
- **You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time at our facility and no later.**
 - Please refer to the prep instructions on the front of this sheet. **DO NOT follow pharmacy instructions.**
- **No alcoholic beverages are permitted during colon prep OR after midnight on the night before procedures.**
- **CHEWING TOBACCO PRODUCTS, SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.
 - **All oral piercings** must be removed before all procedures. **NO EXCEPTIONS!**
 - **All stimulators** (bladder, spinal etc.) should be turned “off” or placed in “surgery mode”.
- If you have been prescribed **Phentermine**, **you must hold this for 7 days prior to your procedure.**
- If you have been prescribed **Ozempic, Trulicity, Bydureon, Byetta, Victoza, Adlyxin, Wegovy, Mounjaro, Zepbound or Rybelsus**, **you must hold these for 24 hours (if oral) and 7 days (if injection) prior to your procedure.**
 - Please refer to the personalized medication instructions given to you at your office visit. **It is especially important to take medications for blood pressure and heart function the day of your procedures.**
- **If you experience any of the following between the day of your office visit and the day of your procedure, please notify us immediately:**
 1. **A change in health status**
 2. **an ER visit/hospital admission**
 3. **testing for your heart, lungs, brain**

*Please call **814-204-0633** with any procedure questions.

*Please call **814-242-5976** with any medication questions, health updates or anesthesia concerns.

Low Residue Diet

Foods allowed

Foods to Avoid

<p><u>Fruits</u></p> <p>oranges, grapefruit, cooked apples/peaches/ pears, ripe bananas</p>	<p><u>Fruits</u></p> <p>raw fruits, dried apricots, figs, dates, raisins</p>
<p><u>Cereals & soups</u></p> <p>cooked and strained oatmeal, wheat cereals, refined rice cereals, dry cereals</p> <p>all soups</p>	<p><u>Cereals & soups</u></p> <p>-----</p>
<p><u>Breads & pasta</u></p> <p>toasted white bread (butter ok), saltines, rusk</p> <p>spaghetti noodles, macaroni noodles</p>	<p><u>Breads & pasta</u></p> <p>bran, whole wheat, rye bread, corn bread, rolls, muffins</p>
<p><u>Vegetables</u></p> <p>cooked and strained asparagus, beets, peas, carrots, fresh lima beans, spinach, squash, white potatoes (mashed, creamed or baked – no skins)</p>	<p><u>Vegetables</u></p> <p>radishes, corn, cucumbers, cabbage, tomatoes, onions, garlic, celery, green beans, brussels sprouts, peppers, cauliflower, dried peas, beans, olives, pickles</p>
<p><u>Meats, poultry, fish, eggs & cheese</u></p> <p>beef (broiled or baked), chicken, turkey, ham (boiled or broiled), bacon, lamb chops, eggs (soft boiled or poached), cottage cheese, cream cheese</p>	<p><u>Meats, poultry, fish, eggs & cheese</u></p> <p>all fried, canned, salted and spices meats/fish, veal, mutton, nuts</p> <p>condiments, gravy, sauces</p>
<p><u>Desserts</u></p> <p>custard, pudding, ice cream, Jello, cake (no icing), honey, syrup, clear jelly</p>	<p><u>Desserts</u></p> <p>rich pastries/desserts, candy, popcorn, marmalade</p>
<p><u>Beverages</u></p> <p>milk, buttermilk, eggnog, malted milk, cocoa, tea, coffee, carbonated drinks</p>	<p><u>Beverages</u></p> <p>alcoholic beverages</p>