

SALVAGE PREP PROTOCOL

Linness + MiraLAX Pre-Treatment with Split-Dose Gavilyte

FOR USE ONLY AS DIRECTED BY YOUR PHYSICIAN — This regimen is intended for patients with a prior inadequate/poor bowel prep, chronic constipation, or other risk factors for inadequate cleansing. It is a physician-designed protocol, not an FDA-labeled indication for Linness. Confirm eligibility, insurance coverage, and dosing with your provider before starting.

WHO THIS PROTOCOL IS FOR

- Patients with a documented prior inadequate bowel preparation (BBPS < 6 or segmental score < 2).
- Patients with chronic constipation, opioid use, or other clinical risk factors for poor cleansing, at physician discretion.
- This is an adjunctive, off-label pre-treatment strategy layered onto a standard split-dose Gavilyte (1-gallon PEG-ELS) prep — it does not replace the split-dose purgative itself.

3 DAYS BEFORE PROCEDURE — Begin Pre-Treatment

- **Linness (linaclotide) 145 mcg or 290 mcg (per physician instruction) — take ONE capsule once daily, on an empty stomach, at least 30 minutes before the first meal of the day.**
- MiraLAX (PEG 3350) — 1 capful (17g) mixed in 8oz of any allowed clear or non-clear liquid, taken TWICE daily (morning and evening).
- Continue eating a normal diet unless your physician has given separate dietary instructions.
- Stay well hydrated throughout this 3-day period.

2 DAYS BEFORE PROCEDURE

- Continue Linness once daily (empty stomach, ≥30 min before breakfast).
- Continue MiraLAX 1 capful twice daily.

1 DAY BEFORE PROCEDURE — Clear Liquids + Final Linness/MiraLAX Dose + Gavilyte Dose 1

- **Take your final dose of Linness in the morning, on an empty stomach.**
- Take your final MiraLAX dose in the morning as usual; do NOT take the evening MiraLAX dose — the Gavilyte prep replaces it.
- Clear liquids only, all day. No solid food.
- 6:00 PM: Mix one quart of warm water with the Gavilyte powder; dissolve completely, then add 3 quarts of cool water and refrigerate.
- Drink 8 ounces of the Gavilyte solution every 15 minutes until half the container (2 quarts) is finished.
- If nauseated, pause 30–60 minutes before resuming.

Day of Procedure — Gavilyte Dose 2

- **Begin the 2nd half of the Gavilyte solution exactly 7 hours before your scheduled procedure time.**
- Drink 8 ounces every 15–30 minutes until the entire remaining half is consumed.
- **Finish all liquids no later than 5 hours before your procedure. NOTHING BY MOUTH — including water — after that point.**
- Do NOT take Linness or MiraLAX on the day of the procedure.
- Remain close to a bathroom. Stool should become liquid and eventually turn clear yellow like urine.

SAFETY NOTES

- Linness is contraindicated in patients under 6 years of age and should be avoided in known or suspected mechanical GI obstruction.
- Diarrhea is the most common Linness side effect and may be more pronounced when combined with MiraLAX and a full-volume PEG prep — counsel patients accordingly and ensure hydration access (bathroom proximity, electrolyte drinks) for the full 3-day window.
- Hold Linness if severe diarrhea develops during the pre-treatment days; contact the office.
- This combined pre-treatment has not been studied as a formal protocol in the published literature; it is extrapolated from single-dose linaclotide adjunct data and standard split-dose PEG-ELS evidence. Document medical necessity and informed discussion in the chart.

YOU WILL BE READY FOR YOUR PROCEDURE WHEN:

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| ☐ You have read through and followed all instructions. | ☐ Your bowel movements are clear yellow fluid, like urine, and you can see the bottom of the toilet. |
| ☐ You have completed ALL of your prep solution. | ☐ You have arranged and confirmed a ride home with a family member or friend. |

Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking the prep, if you experience cardiac arrhythmias or seizures, or have any questions or concerns.

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