



## INSTRUCTIONS FOR PATIENTS UNDERGOING COLONOSCOPY

### Miralax/Gatorade Prep Instructions



#### **Preparation: If you are getting an EGD & Colonoscopy, please follow the Colonoscopy Instructions.**

A colonoscopy is an examination of the colon (large intestine) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. For the procedure to be successful, your colon must be completely clean. If it is not adequately prepared, the procedure will need to be rescheduled.

#### **Items you will need:**

1. Four Dulcolax (bisacodyl) laxative tablets, 5 mg. **DO NOT** get a Dulcolax stool softener or suppository
2. One bottle of MiraLAX, 8.3 ounces or 238 grams each
3. Magnesium Citrate, 10-ounce bottle
4. Two bottles of clear liquid – 32 ounces each (no red or purple)

#### **Medications:**

Please provide us with an updated medication list at least 14 days prior to your procedure.

**Please continue to take prescription medications unless instructed to stop by your doctor.**

#### **For 1 week prior to your colonoscopy**

- Obtain any medical clearances prior to scheduling procedure, if applicable.
- Stop Iron, Alka-Seltzer, all non-steroidal anti-inflammatories (NSAIDS), Percodan, Empirin, Ibuprofen, Motrin, Advil, Aleve, Excedrin, Medipren, Nuprin, Naproxyn, Naproxen, Seldinac, Celebrex, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, and Voltaren for **5 full days prior to procedure**. **Tylenol (acetaminophen) is ok to take.**
- BLOOD THINNERS will also need to be held prior to your procedure. Because the timing varies depending on the drug, please discuss with your Gastroenterologist AND Cardiologist prior to scheduling your procedure. These medications include, but are not limited to, Coumadin, Warfarin, Eliquis, Brilinta, Aspirin, Plavix, Clopidogrel.
- **Important: Stop Phentermine or any GLP-1 agonist medications (e.g. Tirzepatide, Mounjaro, Zepbound, Semaglutide, Ozempic, Liraglutide, Victoza, Saxenda, Dulaglutide, Trulicity, Exenatide, Bydureon) for 7 full days prior to procedure.**

#### **For 3 days prior to your colonoscopy**

- **Hold SGLT2 Inhibitors (e.g. Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), & Sotagliflozin (Inpefa)**
- Stop all vitamins and supplements
- Avoid all beans, peas, corn, popcorn, nuts, tomatoes, cucumbers, pickles, sesame seeds, strawberries, watermelon, oatmeal, kiwi, and grapes (foods containing small seeds or skins).

#### **The day before your colonoscopy**

- **Hold oral GLP-1 medications (e.g. Rybelsus, Metformin & Glyburide)**

**From the minute you wake up, you are to have CLEAR LIQUIDS ONLY (NO FOOD) and drink as much as you can**

- Soups: clear chicken, beef, or vegetable broth
- Sports drinks: Gatorade, Powerade, Propel
- Juices: White cranberry, white grape, apple, limeade, strained lemonade
- Beverages: BLACK coffee or tea, iced tea, Kool-Aid, Sprite, seltzer, ginger ale, boost breeze, and water
- Desserts: Italian ice, popsicles, Jell-O

**ABSOLUTELY NO RED OR PURPLE DYE, DAIRY PRODUCTS, ORANGE JUICE, TOMATO JUICE, GRAPEFRUIT JUICE, ALCOHOL, OR ANYTHING THAT HAS A CREAM BASE.**

If you have any questions about your prep, contact the nurse line associated with the location of your procedure.

Columbia/Cascades (410)913-1666   Olney (301)347-8780   Annapolis (410)913-1164

Riverdale (410)913-0061   Timonium (443)367-1144   Rockville (227)241-6377



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### The day BEFORE your procedure

At 1pm

- Take 4 Dulcolax tablets with a glass of water
- Mix 64 ounces of clear liquid with 8.3 ounces of Miralax and place in the refrigerator. DO NOT add ice.

At 2pm

- Drink 10 ounces of Magnesium Citrate. You may refrigerate if you prefer to drink it chilled.

At 3pm

- Drink the entire MiralAX solution. Drinking with a straw may make it easier to consume.
- Drink an 8-ounce glass every 10-15 minutes until the entire solution is gone.

It usually takes about an hour to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this will gradually improve once the diarrhea begins. Occasionally, you may develop nausea or vomiting. The best remedy for this is to take a break from the Miralax for about an hour, and then to resume drinking at a slower rate. It usually takes two hours to completely drink the solution. Diarrhea generally continues for about an hour or two after completing prep.

**CONTINUE DRINKING AS MANY CLEAR LIQUIDS AS YOU CAN ONCE THE ABOVE IS COMPLETED BUT NOTHING BY MOUTH AFTER MIDNIGHT**

**DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME.**

NO GUM, MINTS, AND HARD CANDY.

You may brush your teeth but do not swallow.

**Please take your AM prescribed medications UNLESS other specified by your doctor 4 hours before your procedure with a sip of water.**

Report to the endoscopy facility as directed by the office.

A nurse will call you within 1 week prior to your procedure to review the prep and any questions.

### TRANSPORTATION POLICY

**Please arrange for transportation home from the procedure.** You cannot drive or operate machinery for the rest of the day. You must have a friend, family member, or arranged medical transport to drive you home after the procedure. Total time in office for a procedure is about 2 - 2 1/2 hours. Your ride does not need to stay. Please provide us with their phone number and we will contact them about 20-30 prior to discharge. **Uber, Lyft, and taxis are not allowed** to be used for post procedure transportation due to medical regulations. Your procedure will be canceled if you do not have adequate transportation, this is the surgery center policy. If you need a medical transportation service, contact our office or scan the QR code for information.

### CANCELLATION POLICY

Please contact the office a minimum of 2 business days prior to the procedure to cancel or reschedule. Cancellations made less than 2 business days in advance will result in a \$200.00 fee.

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