

Colonoscopy Preparation Instructions

MiraLAX Bowel Preparation

***Please read these instructions at least 14 days before your procedure.
Following these instructions carefully helps ensure a successful colonoscopy.***

You may purchase a prepared kit from our office for **\$34** or purchase the supplies individually.

Supplies Needed:

- 4 Bisacodyl (Dulcolax) 5 mg laxative tablets
(*Laxative tablets—not stool softener*)
- One 8.3 oz (238 g) bottle of MiraLAX
- 64 oz clear electrolyte beverage (Gatorade, Propel, etc.—**NO red or purple**)
- One 10 oz bottle of Magnesium Citrate
- Simethicone (Gas-X) tablets

The entire day before your procedure you may NOT have any solid food. You may have CLEAR LIQUIDS only. This includes Jello, chicken broth, etc. If your physician has instructed you to complete an Extended Prep, please remain on a clear liquid diet for TWO days before your procedure, instead of ONE day. EVEN IF YOUR APPOINTMENT IS LATER IN THE DAY.

14 DAYS BEFORE YOUR COLONOSCOPY

Stop all GLP-1 medications. (*With your prescribing providers awareness.*)

Examples include: Ozempic (semaglutide), Wegovy, Rybelsus, Mounjaro, (tirzepatide), Zepbound, Trulicity, Victoza, Saxenda, Byetta, Bydureon, Adlyxin, etc.

7 DAYS BEFORE YOUR COLONOSCOPY

Stop the following: (*With your prescribing providers awareness.*)

- NSAIDs (Advil, Ibuprofen, Motrin, Aleve, Naproxen)
 - **Tylenol is okay to take.**
- Full-strength aspirin (325 mg)
 - **81 mg baby aspirin may be continued unless directed by your provider.**
- **Blood Thinners** (*With your prescribing providers awareness*)
 - **Blood thinners may include:** Eliquis, Xarelto, Pradaxa, Savaysa, Coumadin, Warfarin, Lovenox, Heparin, Arixtra
 - Most blood thinners need to be held **2–7 days before your procedure.** Our office will provide you with specific instructions.

- Stop eating foods containing seeds.

Continue taking all other prescribed medications until the morning of your procedure unless instructed otherwise. Especially any pain, anxiety, or blood pressure medication.

THE DAY BEFORE YOUR COLONOSCOPY

- **NO SOLID FOOD**
- Do **NOT** eat breakfast or any solid foods.
- Consume **CLEAR LIQUIDS ONLY** all day.
- Drink plenty of fluids to avoid dehydration.
- **Avoid all red and purple liquids.**
- A clear liquid is anything you can see through when held up to the light.

♦ **At 12:00 PM (Noon)**

- Take **4 Bisacodyl (Dulcolax) tablets**.
- Mix one 8.3 oz bottle of MiraLAX into **64 ounces** of Gatorade or another clear electrolyte beverage.
- Refrigerate until ready to drink.

♦ **At 5:00 PM**

- Begin drinking the MiraLAX mixture.
- Drink the entire solution over **3–4 hours**.
- If you become nauseated or vomit: Stop for 30 minutes. Resume drinking slowly.

Helpful Tip: Drinking through a straw may improve the taste.

You may drink:	Do NOT drink:
❖ Gatorade, Powerade, Crystal Light, Lemonade, Pedialyte, Propel Water, etc. ❖ Coffee or tea (black only, no cream) ❖ Carbonated or non-carbonated soda ❖ Fruit-flavored drinks – no pulp ❖ Apple Juice, white cranberry juice, or white grape juice ❖ Jell-O or popsicles ❖ Clear Broth of any kind	❖ Alcohol ❖ Milk, Cream or Non-Dairy Creamer ❖ Juice with pulp ❖ Smoothies ❖ Orange Juice ❖ Tomato Juice ❖ Red or Purple Beverages ❖ Any liquid you cannot see through. <u>NO PURPLE OR RED DYES</u>

THE DAY OF YOUR COLONOSCOPY

♦ **5 Hours Before Your Procedure**

- Take your Simethicone (Gas-X) tablets.
 - You may take up to **5 tablets**, following package directions.
- Drink one 10 oz bottle of Magnesium Citrate (or prepare according to package directions).
- Remain on a **clear liquid diet only**.

- You may take your usual morning medications with a small sip of water **except** Blood thinners (if instructed to hold) and GLP-1 medications.
- **Please take your blood pressure medication unless instructed otherwise.**

♦ 4 Hours Before Your Procedure

- **NOTHING BY MOUTH**, do not eat or drink anything for **FOUR (4) HOURS** before your **scheduled procedure time**. This includes Water, Gum, Hard candy, Mints, Smoking or chewing tobacco.

Failure to follow these instructions may result in your procedure being delayed or cancelled for your safety.

You MUST have a responsible adult drive you home. Your driver may be a family member, friend or approved medical transportation service.

Uber, Lyft, taxis, or public transportation are **NOT permitted unless accompanied by a responsible adult.** Sedation impairs your ability to drive safely.

If You Have Diabetes

- **Monitor your blood sugar closely** while completing your bowel preparation.
- **If you use an insulin pump:** Reduce your basal rate by **50%** on the morning of your procedure. Do **not** administer any bolus doses.
- **If you take insulin:** Take **half of your usual evening insulin dose** the night before your procedure. **Do not** take insulin on the morning of your procedure unless instructed otherwise by your prescribing provider.
- **If you take oral diabetes medications:** Hold all oral diabetes medications on the morning of your procedure.

Please discuss any adjustments to your diabetes medications with your prescribing provider (Primary Care Provider or Endocrinologist) before making any changes.

Please bring: Photo ID, Insurance card(s) and / or Medicare card (if applicable), Secondary insurance card(s), if applicable.

If you have questions regarding your bowel preparation or medications, please contact: **Endoscopy Center of Western Colorado** at 970.245.0990

PROCEDURE CANCELLATION NOTICE REQUIREMENTS:

- ❖ You will be receiving a confirmation call prior to your appointment.
You must confirm prior to your appointment.
- ❖ Procedure cancellations must be made minimum **48** hours prior to your appointment.
- ❖ Failure to provide the required advance notice will result in a **\$200.00** fee.