

## Colonoscopy-Morning Procedure

### Miralax Prep

*Department of Gastroenterology*

#### Patient's Instructions:

Colonoscopy is a procedure which allows the doctor to actually look inside your colon (the large intestine) from the rectum to the ileum (the last portion of the small intestine). The test may be performed to evaluate such conditions as: lower gastrointestinal bleeding; abnormal barium enema examinations; pre and postoperative evaluations of patients with colon cancer; inflammatory bowel disease and unexplained chronic diarrhea. Colonoscopy can also be used for the treatment such as removal of polyps, dilation of strictures, and removal of foreign bodies as well as for colon cancer screening.

#### Preparations for the test at home:

You will need to buy the following items which are over-the-counter:

- FOUR Dulcolax laxative tablets,
- ONE 238 gram bottle of Miralax,
- ONE 64oz. of clear or yellow Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade or clear liquid of your choice. When you get home, refrigerate the clear liquid.

**Two (2) days before the procedure:** Avoid high residue foods, i.e.: fruits (fresh/dried), vegetables, seeds, nuts.

**One (1) day before the procedure:** *Have a complete clear liquid diet the **entire** day before the test.* This includes Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light lemonade, clear broth, strained fruit juices, coffee, tea, carbonated beverages, water, Jello, or ice pops.

**DO NOT** have any **DAIRY** products or **ANYTHING RED** or **ANY SOLIDS**.

**At 12:00pm:** take 2 Dulcolax tablets with a glass of water.

**At 3:00pm:** mix the 238gram bottle of Miralax in 64oz of CLEAR fluid. Shake until the powder is completely dissolved. Start drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes as tolerated. If needed, take a 15-30 minute break. Continue until the solution is gone.

**At 6:00pm:** take 2 Dulcolax tablets with a glass of water.

After all three parts of the prep are taken; only clear liquids may be taken by mouth. Examples include: 7up, Sprite, seltzer, or water. **You should have nothing by mouth after midnight.**

Patients should avoid illicit substances 24 hours prior to the procedure, and alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

Take all blood pressure and cardiac medications with only a *sip* of water the morning of your procedure, unless instructed otherwise by your provider.

#### Notify the Doctor/Nurse if you:

- Are diabetic
- Have a seizure disorder (Please take anti-seizure medications the AM of the test)
- Take any Blood Thinners: Coumadin, Plavix, Arixtra, Lovenox, Heparin, Pradaxa, Brilinta, Xarelto, Effient, Eliquis, Pletal, or Aspirin 325mg; (speak with your provider about your medication regimen)
- Take any weight loss medication (speak with your MD about holding your medication): Saxenda, Phentermine, Contrave, Alli/Xenical, Bydureon, Mounjaro (Zepbound), Ozempic, Trulicity, Wegovy, Byette, Rybelsus, Victoza, Invokana, Farxiga, Jardiance, Brenzavvy, Qtern, Glyxambi, Invokamet, Xigduo XR, Synjardy, Glyxambi, Steglatro, Steglujan, or segluromet
- Have a pacemaker/defibrillator
- Are on Oxygen at home