

Colonoscopy MiraLAX Prep Instructions

- The medications for the prep are over the counter and do not require a prescription.
- You will need to purchase:
 - o One (1) box of Dulcolax bisacodyl laxative tablets (8 or 10 count)
 - o One (1) bottle of Miralax 238 grams/8.3oz (it is ok to buy the generic brand which may come in 250gm or 255gm).
 - o 64 oz of Gatorade/Powerade (avoid red or purple).



Instructions for Prep

- If you take any of the GLP-1 diabetes or weight loss medications such as **semaglutide (Wegovy, Ozempic), liraglutide (Saxenda, Victoza), tirzepatide (Zepbound, Mounjaro)**, you **MUST** stop the medication 1 week before your procedure or it will be cancelled by the surgery center.
- If you take any NSAIDs (ex., Ibuprofen, Aleve, Naproxen) or blood thinners such as Coumadin, Plavix, Pradaxa, Xarelto, Cilostazol, Aggrenox, Eliquis, ask your physician for additional instructions for possibly stopping medications before the colonoscopy procedure.
- **Two days before the procedure:** No fiber, No raw fruits or vegetables, No salads or nuts.
- **Day before the procedure:**
 - **Morning:** You will need to be on a liquid diet starting 24 hours before your procedure.
 - **NO red or purple** drinks. NO vegetable juice or juice with pulp.
 - ***Examples of clear liquids-*** Water, Gatorade, Powerade, Apple juice, White grape juice, Tea, Soft drinks, Jell-O, popsicles, black coffee (may add sugar or sweetener), bone broth, bouillon cubes dissolved in water, Lemonade, and Crystal light.
 - **2pm:**
 - Take four (4) Dulcolax bisacodyl laxative tablets (total of 20 mg) with 8 ounces of clear liquids.
 - Mix the entire bottle of MiraLAX (8.3oz, 238 gm) in 64 ounces of Gatorade or Powerade (not red or purple) and place in the refrigerator.
 - **4pm:** Drink 8 ounces of the MiraLAX mixture every 15-20 minutes until the prep is completely finished. This should take you 2-3 hours. By the end of the prep, you should have only liquid stool which should be light in color (not brown or dark) and there should not be

solid pieces. If it is not clear liquid, keep drinking more clear liquids until it is clear.

- If you begin to feel nauseated, you can slow down. If you start vomiting, please call or text the office. It is important to hold down the liquid.
- If you cannot complete the prep, please call the office.
- o If your stool is still brown or has solid pieces, **you will need to drink another half bottle of miralax in 32 oz of gatorade/electrolyte drink.**
- o **12am (midnight):** Nothing to eat or drink after midnight.
 - *Note: some facilities will ask you to drink gatorade 2 hours before your procedure. If they ask you to do so, please follow those instructions.*

- **Day of procedure**

- o The facility will call you to let you know what time to arrive. Generally, you will need to arrive 2 hours before your procedure time unless explicitly told otherwise. Plan to be at the facility for about 2-3 hours, depending on the preparation, procedure, and recovery time. Plan on taking the entire day off work, school, etc.
- o Since you will be sedated for the procedure, **you must have someone over the age of 18 who is able to drive home with you.** We cannot allow patients to go home in a taxi or car service without a friend or family member.
- o If you take blood pressure, thyroid, or seizure medication, please take it with only a small sip of water the morning of your procedure.
- o Diabetes Medications:
 - If you take Metformin, hold the morning dose on the day of the procedure.
 - If you take other oral medications for diabetes, you can take those the morning of your procedure.

- If you are on long acting insulin, take half of your dose the night before (if you take it at night) or the morning of the procedure.
- o Avoid driving, drinking alcohol, operating machinery, or signing any legal documents the entire day of your test due to the sedation you will receive.
- o Avoid tobacco, chew gum, or have any mints/candy the morning of your procedure.
- o We advise that you leave jewelry and valuables at home the day of the procedure.
- o **If you have any questions about the medications, the prep or the procedure, please call the office at (832)-979-5670.**

Post Colonoscopy Instructions

- You may continue to have loose stools for 1-2 days following your colonoscopy, this is normal. If you still have loose stools 1 week after your colonoscopy, please call the office.
- Depending on what was found on the colonoscopy, your doctor will call you to discuss the findings or the office will call to schedule a follow up appointment. If you do not hear from us within 1 week, please call the office.
- You may have some bloating shortly after the colonoscopy, but that should resolve by the time you are discharged.
- Most patients will not need to take any new medications after colonoscopy unless specifically prescribed by the doctor.
- Ok to resume your regular diet and activity unless otherwise stated by the doctor.
- If you experience abdominal pain, nausea, vomiting, dizziness or fever greater than 100.5, call the office immediately or go to your nearest ER.