

MIRALAX Colonoscopy Instructions

PLEASE READ THESE INSTRUCTIONS AT LEAST 72 HOURS PRIOR TO YOUR PROCEDURE

You will need to purchase a 238 gram bottle of Miralax, Gatorade (or clear liquid of your choice, avoid red/blue liquids) and Dulcolax (biscodyl) 5mg tablets. These are all over-the-counter.

If you are taking a GLP1 agonist (e.g. Ozempic, Mounjaro, Zepbound) or phentermine, please see the last page of this document for separate instructions.

7 DAYS before your procedure:

- Stop taking non-steroidal anti-inflammatory medications (NSAIDS) such as ibuprofen (Advil), Aleve, Motrin, and/or Excedrin. Only Tylenol is suggested for pain management.
- You may continue to take aspirin if you are required to for cardiac reasons, but please inform your doctor and our staff in advance of your procedure.
- Stop taking Iron supplements and Pepto-bismol
- **If you take blood thinners (e.g. clopidogrel (Plavix), warfarin (coumadin), Apixaban (Eliquis)), please inform your physician.**
- **If you are a diabetic taking insulin, please discuss with your primary care physician or endocrinologist prior to your procedure.**

5 DAYS before your procedure:

- We advise that you begin a diet of easily digestible foods such as: white rice, white bread, pasta, fish, chicken, pork, eggs, potatoes, well-cooked vegetables, fruits without the skin, yogurt and cheese.
- **AVOID:** Foods with seeds and peels (tomatoes, strawberries, grapes, oranges), corn, beans, red meat, and high fiber. Fibers from these foods can clog the colonoscope.

THE DAY BEFORE YOUR PROCEDURE:

- You may have a light breakfast before 9am (oatmeal, toast, eggs, protein shake, yogurt, instant breakfast but no seeds/nuts or large portions).
- **After this meal, you will start a clear liquid diet. You may not have solid food or opaque liquids (e.g. milk or smoothies). Keeping well-hydrated before you begin the prep will improve the preparation of your procedure.** Allowable clear liquids include: apple juice, lemonade, white cranberry juice, clear sodas, iced tea, Gatorade, coffee and tea (without milk or creamer), clear broth, Jell-o and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice or cherry Gatorade. Avoid juices with pulp.
- **You must stop drinking at least 4 hours before your procedure. You should have nothing by mouth within this 4-hour time window except for your essential medications which can be taken with a small sip of water.**

If your procedure appointment is before 12 PM:

Step 1 – 4-6 PM Afternoon/early evening before your procedure:

- 1) Take two (2) Dulcolax (bisacodyl) tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Mix the 238g bottle of Miralax in 64 ounces of clear liquid (e.g. orange Gatorade). Shake the solution until the Miralax is dissolved. Refrigerating this solution before consuming makes this easier to drink.
- 3) Drink 8 ounces of the solution every 10-15 minutes until you have finished half of the solution (32 ounces). You may drink as much clear liquids as you wish prior to going to sleep.

Step 2 – 10 PM Evening Before Your Procedure:

- 1) Take two (2) additional Dulcolax (bisacodyl) tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Drink the remaining half of the Miralax/Gatorade solution

If your procedure appointment is on or after 12 PM:

Step 1 – 6-8 PM Afternoon/Early Evening Before Your Procedure:

- 1) Take two (2) Dulcolax (bisacodyl) tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Mix the 238g bottle of Miralax in 64 ounces of clear liquid (e.g. orange Gatorade). Shake the solution until the Miralax is dissolved. Refrigerating this solution before consuming makes this easier to drink.
- 3) Drink 8 ounces of the solution every 10-15 minutes until you have finished half of the solution (32 ounces). You may drink as much clear liquids as you wish prior to going to sleep.

Step 3 – 6 AM Morning of Your Procedure:

- 1) Take two (2) additional Dulcolax (bisacodyl) tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Drink the remaining half of the Miralax/Gatorade solution

ESCORT POLICY: It is **REQUIRED** that someone picks you up after the procedure. Your escort can be called when you are in recovery.

Frequently Asked Questions

What should I bring to the Center on the day of my procedure?

- Photo ID and insurance card
- List of medications
- Remove all jewelry, piercings, and nail polish before arriving. If you have a non-removable piercing, please contact your physician's office.
- You will need to remove contact lenses before your procedure. Please bring extra contact lenses or glasses with you if required.

What if I am on my menstrual cycle on the day of my procedure?

Your menstrual cycle will not affect your procedure.

NOTE: Female patients under the age of 55 will be asked to submit a urine sample for the purposes of pregnancy testing prior to their procedure.

What should I wear to the Center?

Wear comfortable clothing that is easily stored and removable.

What if I am breastfeeding?

- In general, breastfeeding is considered to be safe after one is fully recovered from anesthesia.
- If you are breastfeeding, please discuss with your gastroenterologist prior to your procedure and notify the anesthesiologist on the day of your procedure.

How long will I be at the Center for my procedure?

- Most patients spend an average of 2-3 hours at the Center.
- Your adult escort does not have to be with you the entire time and you may call your escort once you are in the recovery area to coordinate pick-up.

Will cannabis use impact my procedure?

- If you smoke or vaporize cannabis, please discontinue use 12 hours prior to your procedure.
- If you ingest cannabis, please discontinue use 8 hours prior to your procedure.
- Cannabis use can have cardiac and respiratory effects that may have an impact during your procedure

If I have had a recent bed bug exposure, should I still come in for my procedure?

- Our nurses screen all patients thoroughly for risks associated with bed bug exposures. Please let your physician know if you have had a recent bed bug exposure.

What if I just gave birth prior to my procedure?

- Please inform your physician if you are less than 6 weeks post-partum.

Instructions for Patients Receiving Phentermine and GLP1 Agonist Medications

Taking **GLP1 [glucagon like peptide 1] agonists and phentermine** medications can have the unanticipated consequence of a food-filled stomach and blood pressure lability during endoscopic procedures. If the stomach is full during these procedures, there is a higher risk for aspiration of gastric contents into the lungs, which would result in abrupt discontinuation of the procedure. In order to reduce these risks, please follow the instructions below.

Failure to follow these instructions will result in cancellation of your procedure.

IF YOU ARE TAKING THIS MEDICATION...	YOUR LAST DOSE SHOULD BE...
<ul style="list-style-type: none"> • Phentermine (Adipex-P, Lomaira, Qsymia, Suprenza, Lonamin) • Bydureon (exenatide, once-weekly injection) • Mounjaro (tirzepatide, once weekly injection) • Ozempic (semaglutide, once-weekly injection) • Trulicity (dulaglutide, once-weekly injection) • Wegovy (semaglutide, once weekly injection) • Zepbound (tirzepatide, once weekly injection) • 	<p>At least 7 days prior to the scheduled procedure(s).</p>
<ul style="list-style-type: none"> • Byetta (exenatide, twice daily injection) • Rybelsus (semaglutide, taken by mouth once daily) • Victoza (liraglutide, once-daily injection) 	<p>1 day prior to the scheduled procedure(s). You should not take these medications on the day of your procedure.</p>
<p>If you have concerns prior to stopping any medication, please contact your prescribing physician</p>	

PROCEDURE(S)	ADDITIONAL INSTRUCTION
Upper Endoscopy (alone)	<p style="background-color: yellow;">You must begin a clear liquid diet 24 hours prior to your procedure and continue up until 4 hours prior to the procedure. You should only have clear liquids during this time (no solid food or full liquids). <u>You should have nothing by mouth for 4 hours prior to your procedure time.</u></p>
Colonoscopy Upper Endoscopy combined with colonoscopy Flexible sigmoidoscopy (under sedation)	<p style="background-color: yellow;">You must begin a clear liquid diet 24 hours prior to your procedure and continue up until 4 hours prior to the procedure. You should only have clear liquids during this time (no solid food or full liquids). <u>You should have nothing by mouth for 4 hours prior to your procedure time.</u> Follow the remainder of the prep instructions provided by your gastroenterologist or surgeon.</p>
<p>Allowable clear liquids include: apple juice, lemonade, white cranberry juice, clear sodas, iced tea, Gatorade, coffee and tea (without milk or creamer), clear broth, Jell-o and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice or cherry Gatorade. Avoid juices with pulp.</p>	