

MiraLAX 1 Day Colonoscopy Prep Instructions

IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS. A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAR COLON!

ITEMS TO BE PURCHASED OVER-THE-COUNTER

- **MiraLax Powder (238 gram bottle) - 14 doses total (17g serving)**
 - You can purchase the bottle (each capful is a single 17g dose) or individual packets
- **Bisacodyl** (Dulcolax) tablets. You will need **four 5mg** bisacodyl tablets. (Generics are ok)
- **64oz of Gatorade/Powerade** or similar sports-hydration clear drink (preferred for electrolyte content).
 - (No red or purple dye)
- **125mg** Simethicone (Gas-X)

BLOOD THINNERS

- 5 Days prior to your exam stop taking Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (Ticagrelor) and Effient (Prasugrel)
- 2 Days prior to your exam stop taking Pradaxa (Dabigatran), Xarelto (Rivaroxaban), and Eliquis (Apixaban)
- Please check with your prescribing physician about stopping these medications

DIABETIC/WEIGHT LOSS MEDICATION

- If taking Ozempic, Mounjaro, Trulicity, Victoza or other GLP1 agonists
 - Injections - do not take a week prior to procedure
 - Oral - stop taking the day before procedure
- If taking Ozempic, Mounjaro, Trulicity, Victoza or other GLP1 agonist you must have **NO SOLID FOOD AT LEAST 12 HOURS** for ALL PROCEDURES
- If you are taking the above or insulin for diabetes management, contact your prescribing physician on how to manage your medications prior to the colonoscopy.

3 DAYS PRIOR TO YOUR PROCEDURE:

- Avoid fish oil supplements, nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin, as they may adversely influence the quality of your exam.

2 DAYS PRIOR TO YOUR PROCEDURE:

- You may eat a regular dinner, but stop eating solid foods after 7:00pm.
- You may continue to drink **CLEAR** liquids. This means liquids you can see through such as water, clear broth soups, Jell-O, apple juice, coffee (NO CREAMER), tea, sports drinks, clear sodas and popsicles (no chunks). **DO NOT** drink milk or pulp products. Avoid anything with red/purple liquids/dyes.

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1 DAY PRIOR TO YOUR PROCEDURE:

- Continue to stay on clear liquids. No solid food until AFTER the procedure. Stay hydrated!
- At **12:00 pm (noon)** take the **four 5 mg Bisacodyl** tablets.
- At **5:00 pm** mix the **14 doses** (each 17g dose) of **MiraLAX** with 64 oz clear liquid. Shake the solution until the MiraLAX has dissolved. Then drink an 8 oz glass of the solution every 10-15 minutes until $\frac{3}{4}$ of the solution is gone (48oz) **within 2 hours**. If you become nauseated, you may need to slow the pace at which you drink. Put the remaining MiraLAX solution (16oz) in the refrigerator. You may continue to drink clear liquids or water to stay hydrated.
- At **6:00pm** take 125 mg **Simethicone (Gas-X)** every 6 hours until 3 hours prior to procedure. (This can help relieve gas/bloating discomfort before and after the procedure.)

THE DAY OF YOUR PROCEDURE:

- **5-6 HOURS BEFORE YOUR PROCEDURE TIME**, finish drinking the **MiraLAX** solution (16oz) within 2 hours. This may require you to get up in the middle of the night; however, it is necessary as stool builds up quickly (even if nothing is being eaten) and interferes with the exam very significantly.
- **Remember not to have any food until AFTER your procedure!**
- When all the Miralax is gone, continue to drink clear liquids until **3 hours** prior to your procedure start time, then **STOP ALL LIQUIDS**. We must insist on this “nothing by mouth” time for patient safety, your stomach must be completely empty at the time of the procedure.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. Hold all short-acting insulin (such as Humalog, Novalog, Apidra, etc) the day of procedure. If you are unsure of your insulin medication, consult your primary care provider/prescribing physician to advise you how to manage these medications.
- You may take your usual medications (except blood thinners and weight loss medications). Any medications taken the day of your procedure may be taken with a small sip of water, AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE START TIME.
- You may apply zinc oxide or petroleum jelly around the anus to prevent irritation from the prep. Baby wipes or adult diapers may be considered.

IF YOUR BOWEL MOVEMENTS ARE NOT CLEAR ON THE DAY OF PROCEDURE, mix an ADDITIONAL 7 doses of MiraLAX with 32 oz of clear liquid, drink until bowel movements are clear*.

DO NOT drink anything 3 hours prior to procedure time.

clear or light tinted liquid with NO solid material (you should be able to see a penny through the liquid)

***For a visual and for other information you can visit utahendocenter.com ***

A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAR COLON!

OTHER INFORMATION

- You must have someone available to drive you home after your procedure. If you are planning to take a taxi home, then stay may be slightly extended. By *law*, ***you cannot drive the rest of the day of the colonoscopy.***
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, and 4-anesthesia.
- Wear comfortable clothing. Bring your glasses, hearing aids, inhaler and insurance cards. Avoid bringing valuables. We will expect payment of co-pays, co-insurance, and deductibles at the time of service.
- If you must cancel or reschedule your procedure, then you must give notice 3 full business days in advance. Failure to do so will result in a \$100 cancellation fee.
- Additional questions regarding your insurance should be addressed to your insurance provider.
- Additional information is available on our website: www.utahendocenter.com

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