

Colonoscopy Preparation / Miralax

***HOLD COUMADIN /ASPIRIN / PLAVIX/ XARELTO / ELIQUIS / BRILLINTA / PRADAXA FOR ___ DAYS BEFORE YOUR PROCEDURE.**

***PLEASE HOLD ANY GLP1 MEDICATIONS SUCH AS WEGOVY, OZEMPIC, MOUNJARO ETC FOR 1 WEEK PRIOR TO PROCEDURE.**

*** AVOID ANY RAW VEGETABLES FOR 1 WEEK PRIOR. YOU MAY HAVE COOKED VEGETABLES AND RAW FRUIT.**

Grocery List:

- You will need to purchase: 4 Dulcolax 5mg laxative tablets
- 1 Bottle of miralax (238gram bottle)
- 2 bottles of Gatorade or Powerade (NO RED OR PURPLE, NO PROTEIN) (28oz each) to dilute the Miralax into

ONE DAY PRIOR TO PROCEDURE:

1. **Drink only clear liquids for breakfast, lunch and supper.** Clear liquids include: Clear broth or bouillon: beef or chicken. Coffee (NO CREAMER), Tea, Plain Jell-O, Popsicles and Italian Ice, Fruit Juices with NO PULP, Sports Drinks and Soda.
2. **DO NOT CONSUME ANY SOLID FOOD OR MILK OR MILK PRODUCTS. NO RED OR PURPLE COLORED PRODUCTS/ DO NOT CONSUME ANY ALCOHOL OR RECREATIONAL DRUGS 24 HOURS PRIOR TO YOUR PROCEDURE.**
3. At 3pm- Take 2 dulcolax tablets
4. At 5pm-Mix the Miralax into the Gatorade or Powerade until it dissolves completely. Your goal is to drink 8 ounces every 10-15 minutes. **Drink $\frac{3}{4}$ of the solution.**
5. Continue to drink clear liquids until bedtime for hydration.
6. If you have not started having liquid stools by 10PM, take 2 dulcolax tablets. If dulcolax caused nausea, you may take only 1 tablet at 10PM.

ON THE DAY OF PROCEDURE:

- 4 hours before leaving home drink the remaining $\frac{1}{4}$ of the Miralax prep (ex: if you leave home at 6AM, you will wake up at 2AM to finish this drink)
- Arrive for your procedure at the scheduled arrival time.
- You will need a driver who can bring you, stay with you and drive you home after the procedure. If your driver cannot stay with you, your procedure will be canceled. You will need to contact the office to reschedule.
- If you take blood pressure, heart, seizure, or thyroid medications in the AM, you MAY take these with a few sips of water. Hold all other medications until procedure has been completed.
- If you use inhalers, please bring them with you to your procedure
- Do not smoke or chew gum

IF YOU HAVE ANY QUESTIONS OR CONCERNS AFTER REVIEWING THESE INSTRUCTIONS, PLEASE CALL THE OFFICE AT 260-436-0259 BETWEEN 8AM AND 4:30PM MONDAY THRU FRIDAY.