



Colonoscopy with MIRALAX

7 days prior to your colonoscopy:

• Stop taking **Wegovy, Mounjaro, Trulicity, Ozempic, or Saxenda** injections or pill form, **STOP** taking these **7 days** prior to your procedure.

• Stop taking **IRON**, **STOP** taking it **7 days** prior to your procedure.

5 days prior to your colonoscopy (once cleared by your cardiologist or medical doctor):

• Stop taking Coumadin/ Warfarin, Plavix/ Clopidogrel, Brilinta/ Ticagrelor, and Effient/ Prasugrel.

• Do **NOT** take medicines that stop diarrhea (**Loperamide, Imodium, Bismuth Subsalicylate, Kaopectate, Pepto Bismol, etc.**)

• If you take **pain medications** or have trouble with **constipation**, it is recommended to take 1-2 capfuls of **MiraLAX** daily starting 3 to 5 days prior to your procedure.

• Do **NOT** take fiber supplements such as **Metamucil, Citrucel, etc.**

3 days prior to your colonoscopy:

• Stop taking Jardiance, Synjardy, etc.

2 days prior to your colonoscopy (once cleared by your cardiologist or medical doctor):

• Stop taking Eliquis/Apixaban, Xarelto/Rivaroxaban, Pradaxa/Dabigatran.

1 day prior to your colonoscopy is **PREP DAY**. You will need to buy the following items over the counter (**NO PRESCRIPTIONS ARE NEEDED**)!!

- One 8.3 oz bottle of Miralax or 14 measured scoops (generic is OK)
- Three 5 mg DULCOLAX or Bisacodyl tablets
- One 64 oz bottle of G2 Gatorade (**NO RED**)

We recommend to PURCHASE THE ABOVE ITEMS PRIOR TO YOUR PREP DAY!!

Step 1: You will be on a clear liquid diet the entire day before your colonoscopy (no solid foods, milk products, or alcohol). **Drink at least 8 ounces of clear liquids per waking hour.**

Apple or White Grape Juice (without pulp)
Tea (no cream or nondairy creamer)
Coffee (no cream or nondairy creamer)
Crystal Light Drink (no red)
Gelatin Desserts (without fruit or topping)
Hard Candy

Water, Flavored Waters (no red)
Soda (no red)
G2 Gatorade/Powerade (no red)
Popsicles (no red)
Kool-Aid (no red)
Beef or Chicken Broth

Please DO NOT CHUG your prep. Simply sip on it!!!!

Step 2: AT 2 PM

- **Take three 5 mg Dulcolax tablets by mouth**
- Mix the entire 8.3 oz bottle of Miralax in the 64 oz bottle of Gatorade. Stir/shake until completely dissolved. Better to mix when room temp then once dissolved you can chill if you prefer.

Step 3: AT 6 PM

- **Start drinking the Miralax mixture. Drink one glass every 20 minutes until the entire 64 oz bottle is gone. DO NOT CHUG IT; this can take up to 3 hours!!!**
- **Over the next hour, drink 2 additional 16 oz of plain water.**

You can continue drinking anything on sheet until bedtime (or midnight)!!!!!!!!!!!!

Absolutely nothing by mouth after MIDNIGHT!!!!!!

If you are having formed stools or any concerns after your prep is completed, please call the office!!!

MORNING OF PROCEDURE:

Absolutely NO TOBACCO PRODUCTS (smoking, oral, and/or vapor).

If you use **insulin or take diabetic medications**, hold them the morning of your procedure. Please bring a list of all of your current medications to your procedure facility (include both, prescription and over the counter medications).

If you have dentures, do not glue them in and be prepared to remove them prior to the start of your procedure. Please leave ALL personal belongings (jewelry, cell phones, wallets, etc) at home or with your driver. Cell phones are not permitted in the procedure area.

If your procedure is at the **Endoscopy Center**, please take your blood pressure, seizure, and anxiety medications like normal. Also continue your inhalers as usual.

If your procedure is scheduled at any of the **Tanner Facilities**, the hospital will instruct you on which medications to take and which medications to hold before your procedure during your pre-op phone call.

TRANSPORTATION:

A responsible person **MUST BE PRESENT** with you at check-in before your colonoscopy and **MUST REMAIN** in the endoscopy area until you are discharged. You are not allowed to drive, take a taxi, or leave the procedure center alone. If you do not have a responsible driver with you, your procedure will be rescheduled. Please expect for you and your driver to be at the center for 2 to 4 hours.

Please make sure that your ride is available for the ENTIRE day as you may be asked to come in early on the day of your procedure.

*****If you do not follow these directions, your colonoscopy will be canceled. *****

Please call our office at (770) 214- 2800 if you have any questions or concerns.

If calling after hours, please call (770) 836-9666.

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