



### Colonoscopy with Miralax/Dulcolax

**YOU WILL NEED TO PURCHASE: one 238g bottle of Miralax, one pack of Dulcolax Tablets, and (2) 32oz. bottles of Gatorade**

#### EFFECTS OF BOWEL PREPARATION:

These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby.

If you have any issues related to your prep please call us at the Endoscopy Center at 410-296-4415. Thank you

IV sedation or anesthesia is given during your procedure. Due to regulatory requirements and for your safety, you must arrange for an adult (18+) to drive you home, or risk procedure cancellation. You may not utilize Uber or Lyft.

#### GENERAL INFORMATION:

- You may take your heart, blood pressure, seizure, or steroidal routine medications with a small sip of water on the day of your exam. Hold all other medications. Please bring your inhaler if you regularly use one.
- You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
- The center is not responsible for your property. Do not wear jewelry or bring valuables with you.
- If you wear an insulin pump, please make sure to wear it the day of your procedure.
- Ileostomy/ Colostomy patients must bring a new pouch with them the day of procedure.
- **THE DAY PRIOR TO YOUR COLONOSCOPY, YOU MAY ONLY HAVE CLEAR LIQUIDS. YOU MUST STOP CONSUMING CLEAR LIQUIDS THREE HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME.**

#### 5 – 7 DAYS BEFORE YOUR PROCEDURE:

**IF YOU HAVE DIABETES:** Follow your GI Physician's recommendations for oral and insulin medication.

**IF YOU ARE TAKING Ozempic, Wegovy, Semaglutide, Trulicity, Mounjaro, or any similar medications these must be held prior to procedure.** Please visit our website [www.ecnb.org](http://www.ecnb.org) for further information.

If you are taking phentermine or phentermine like products, please discontinue use 7 days prior to procedure.

It is recommended to stop taking iron, vitamin E, ibuprofen, (Motrin, Advil, Aleve), Mobic, Naprosyn for 7 days before procedure. Tylenol is an acceptable substitute unless instructed otherwise.

**If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil, or any other blood thinners:** these will need to be held. Please consult with your prescribing physician.

**\*\*IMPORTANT: A history & physical is required within 30 days of your exam. We do NOT require labs or EKG.**

Our office does supply history and physical forms upon request. Please contact our office directly if you or your physician has any questions.

### WHAT YOU CANNOT DRINK



- Any liquid that is red, orange, blue, or purple in color
- No milk, dairy cream, or non-dairy products
- No alcohol or marijuana
- No orange juice

### WHAT YOU CAN DRINK

- White grape juice, white cranberry juice, and apple juice
- Kool-Aide, Powerade, Gatorade, and powered Crystal Light
- Popsicles and Italian Ice
- Broth or bouillon: beef, chicken, or vegetable flavored
- Water, soda, tea, or coffee
- Hard candy and sugar
- Jell-O

***NO red, orange, blue or purple liquid from this list***

### THE KEY TO A GOOD PREPARATION

Drink plenty of the correct fluids, see 'What You Can Drink' list above. You must take ALL of the PREP solution as directed to clean your bowel adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep the day before your exam. Failure to follow prep instructions may result in rescheduling of the procedure due to poor preparation.

Please follow THESE instructions carefully. Please do not follow the instructions provided in your prep box.

### YOU WILL NEED TO PURCHASE: one 238g bottle of Miralax, one pack of Dulcolax Tablets, and (2) 32oz. bottles of Gatorade

#### THE DAY BEFORE YOUR COLONOSCOPY

- No solid food, no marijuana, and NO ALCOHOL
- Clear liquids *only* all day
- 8 oz. = 1 Cup and 16 oz. = 2 Cup

8:00 AM: Mix 119g of Miralax (half of the bottle) with the first 32 oz. bottle of Gatorade; mix until dissolved and keep cold in the refrigerator.

12:00 PM: Take 3 Dulcolax tablets followed by plenty of fluids.

5:00 PM - 6:00 PM: Begin drinking the mixture, drink 8 oz. every 15 minutes until the solution is consumed.

8:00 PM: Mix the remaining half bottle of Miralax with the second 32 oz. of Gatorade and refrigerate, but do not drink the mixture.

Continue to drink at least 32 additional ounces of liquid until you go to bed.

#### THE DAY OF YOUR COLONOSCOPY

#### YOUR SECOND DOSE OF PREP SHOULD BE TAKEN 5 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME

Start drinking the mixture, 8 oz. every 15 minutes until the solution is consumed, followed by 32 oz. of clear liquids.

### THE DAY OF YOUR COLONOSCOPY

- Please do not consume any more liquids 3 hours prior to your scheduled arrival time or your procedure may be cancelled or rescheduled.
- You should take your essential medications with a small sip of water (e.g. heart and blood pressure).
- Please refer to the 'What You Can Drink' list in the first column. **No red, orange, blue, or purple liquid.**
- The correct time of your dosage is essential to an effective preparation.

