

## **MiraLAX & Dulcolax PREP (procedure 10 AM and later)**

### **General Guidelines:**

- If you have a **defibrillator**, are on **dialysis**, or are **significantly overweight (BMI>50)**, you must schedule your procedure at a hospital (not an outpatient endoscopy center).
- If you take certain diabetes or weight loss medicines including Ozempic, Rybelsus, Wegovy, Mounjaro, Adlyxin, Trulicity, Victoza, Saxenda, Byetta, or Bydureon, you must stop your medicine at **least 1 week prior** to your colonoscopy.
- For 5 days prior to your colonoscopy, avoid fiber supplements, seeds, nuts, skins of fruits, vegetables, whole grain bars and bread.
- Iron, vitamin E, and NSAIDs (e.g. ibuprofen, naproxen, and diclofenac) should be stopped 3 days prior to your colonoscopy. Tylenol, aspirin, and multivitamins are permitted.
- If you take blood thinners or anti-platelet agents such as Coumadin, Eliquis, Xarelto, Pradaxa, Plavix, Effient or Brilinta, you must contact your **cardiologist/internist** to find out when to stop your medication.
- No marijuana 12 hours prior to the procedure.
- Due to the sedation for your procedure, you **must** be accompanied by a driver. No driving is permitted until the following day.

### **You will need to purchase:**

1. Dulcolax (bisacodyl) Laxative Tablets 5mg. Purchase 4 tablets (no prescription necessary) **\*\*Do not use Dulcolax if you are over the age of 80.\*\***
2. One bottle of 238 grams of MiraLAX (no prescription necessary)
3. 64 ounces of any (NON-RED) clear liquid of your choice. If you have diabetes, water with Crystal Light may be used.
4. 4 Simethicone Pills (Extra-strength Gas-X 125mg soft gels or tablets)

### **FOLLOW THESE INSTRUCTIONS:**

#### **The day before the colonoscopy—all day:**

Follow a **clear liquid diet**. Do not eat any solid food (including breakfast). Please see examples on the back of this sheet. Drink as much fluid as you can throughout the day.

#### **The day before the colonoscopy, at 5 PM:**

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Take 4 Dulcolax tablets (if you are over 80 years-old, skip this step).
3. At 6PM, mix the **entire** 238 gram bottle of MiraLAX with 64 ounces of any clear liquid of your choice.
4. Drink half of this solution (approximately 32 ounces) tonight- drinking 8 ounces of every 15 minutes.
5. If you become uncomfortable, consume the solution at a slower pace and keep walking around to promote intestinal motility.

#### **The day of your colonoscopy (procedure 10AM and later):**

Starting **5 hours** prior to your scheduled procedure, take the second preparation dose:

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Drink the remaining half of this solution (approximately 32 ounces) - drinking 8 ounces of every 15 minutes until completely empty. You must complete the entire preparation within 2 hours.
3. If you become uncomfortable, consume the solution at a slower pace and keep walking around to promote intestinal motility.
4. Optional: If you do not feel clear after completing the prescribed prep, take 3 capfuls of Miralax in 8 oz of water. You may repeat this until the stool is clear.

You must **complete the entire preparation at least 3 hours** prior to your procedure start time.

Do **not** drink any liquids (including Miralax) within 3 hours of your procedure or it may be cancelled.

Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

REGISTER AT: \_\_\_\_\_ AM. PM. PROCEDURE AT: \_\_\_\_\_ AM. PM.

#### REPORT TO:

\_\_\_\_ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, NJ. 973-410-1800

\_\_\_\_ Hanover Endoscopy Center of Northern NJ. 91 South Jefferson Rd, Suite 300 Whippany, NJ. 973-929-6800.

\_\_\_\_ Cooperman Barnabas Medical Center, Cooperman Family Pavilion, Main Entrance, 94 Old Short Hills Rd, Livingston, NJ 07039. 973-322-5062