

MiraLAX & SUTAB TWO-DAY prep (procedure 9:30 AM and earlier)

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 obtain:

1. One bottle of 238 grams of MiraLAX (no prescription necessary).
2. 64 ounces of any (NON-RED) clear liquid of your choice. If you have diabetes, water with Crystal Light may be used.
3. 4 Simethicone Pills (Extra-strength Gas-X 125mg soft gels or tablets).
4. SUTAB bowel preparation (with prescription).

FOLLOW THESE INSTRUCTIONS:

Two days before the colonoscopy:

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.

Two days before the colonoscopy:

1. At 6PM, mix the **entire** 238 gram bottle of MiraLAX with 64 ounces of any clear liquid of your choice.
2. Drink this entire solution tonight- drinking 8 ounces of every 15 minutes.
3. If you become uncomfortable, consume the solution at a slower pace and keep walking around to promote intestinal motility.

The day before the colonoscopy, at 5 PM:

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Fill the container provided with SUTAB with 16oz of water (up to the fill line).
3. Open 1 bottle of 12 SUTAB tablets. Swallow each tablet with a sip of water from the container. Do not swallow the larger desiccant cylinder. **Finish all 12 tablets and the 16oz of water over 30 minutes.** To prevent nausea, do not take all 12 pills at the same time. If you become uncomfortable, consume the tablets and water at a slower pace and keep walking around to promote intestinal motility.
4. 30 minutes after completing the last tablet, refill the container with 16oz of water **two more times** and drink this entire amount (32oz) over 1 hour.

The day before the colonoscopy, at 10 PM:

Take the second preparation dose, repeating steps 1, 2, 3, and 4 above.

Optional: If you do not feel clear after completing the prescribed prep, take 3 capfuls of Miralax in 8oz of water. You may repeat this until the stool is clear. Do not take any additional Miralax within 3 hours of your procedure.

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