

Digestive Disease Consultants

Colonoscopy Preparation

Purchase these items ahead of time:

- 1. Four Dulcolax tablets (stool softeners or laxative)**
- 2. One bottle of Miralax (230 or 238) Gram**
- 3. 64 oz of Gatorade (no red colors), preferably clear**
- 4. Tuck's pads, Vaseline, Desitin, etc. can be used to protect the anal area if needed**

Colonoscopy Preparation Timeline

- Arrange a ride and have a responsible adult accompany you who will stay with you for the procedure. If you do not have a ride, we will have to cancel the procedure.
- Check with your insurance carrier regarding your financial responsibility for the ordered procedure.
- Make any needed arrangements to be off work or school on the day of the colonoscopy. Please remember, by law, you cannot drive the rest of the day after the procedure.
- Read and familiarize yourself with the preparation instructions.
- Please call the office with any questions. If you vomit the prep, please try again but drink more slowly. **Please do not call the physician.**
- Purchase the laxative medications listed above.
- No marijuana for 24 hours prior to the procedure.
- No hard candy or gum chewing for 8 hours prior to the procedure.
- No chewing tobacco for 8 hours prior to the procedure.
- If you receive hemodialysis or peritoneal dialysis, you **MUST** have a potassium (K+) level drawn within 24 hours of your procedure time.

MEDICATIONS:

▪ **Blood Thinners:**

- If you are taking **Coumadin (warfarin)**, stop taking 3-5 days prior to the procedure based on your physician's recommendations.
- If you are taking Plavix (clopidogrel), Effient (Prasugrel), or Brilinta (Ticagrelor), stop taking 5 days prior to the procedure based on your physician's recommendations.
- If you are taking any other blood thinner (Pradaxa, Xarelto, Elaquis, Arixtra, Lovenox), follow the instructions given to you in the office.
- You may **continue** aspirin (81 or 325mg) if needed for your heart.

▪ Stop taking **Iron** (ferrous sulfate) 7 days before the colonoscopy.

▪ **If you are DIABETIC, follow these instructions:**

- Monitor your blood sugar frequently.
- Hold oral diabetic medications the day prior to **and** day of the examination.
- Take ½ of the long acting insulin dose the day prior to the examination.
- May continue your sliding scale for short acting insulin the day prior to the test.
- Hold all forms of insulin the day of the test until after the test is complete.

▪ GLP Injectable Medications:

- If you take DAILY injections: hold injection DAY OF procedure
- If you take WEEKLY injections: hold injection for at least 1 WEEK prior to procedure.
- Examples:
 - “Semaglutide” | Ozempic or Wegovy
 - “Dulaglutide” | Trulicity
 - “Exenatide” | Bydureon or BCise or Byetta
 - “Liraglutide” | Saxenada or Victoza
 - “Lixisenatide” | Adlyxin or Rybelsus
 - “Tirzepatide” | Mounjaro or Zepbound

▪ **Otherwise, please take all of your regularly scheduled medications including blood pressure medications, except oral diabetic medications and blood thinners as noted above.**

DIET Changes:

- Low fiber diet for 5 days prior to the test – No nuts, seeds, popcorn, or raw fruits/vegetables. Discontinue any fiber supplement 3 days prior to the procedure.

Clear Liquid Diet (day prior to the procedure):

- Do not drink **red** colored beverages or eat **red** Jell-O.
- **Soups:** Clear bouillon, chicken broth, vegetable broth, or beef broth.
- **Beverages:** Tea, **black** coffee (without cream/milk/sugar), carbonated beverages, or Gatorade.
- **Juices:** Apple, white grape, strained lemonade, limeade, and orange drink.
- *Any juice that you can see through and has no pulp is acceptable.*
- **Dessert:** Italian ices, popsicles, and Jell-O.
- No solid food of any kind
- Throughout the day, make sure to drink at least eight glasses of fluids such as juices or similar product, preferably not only plain water.

Preparation Instructions

Clear liquid diet the entire day prior to the procedure.

5:00 pm, Day prior to the Colonoscopy: Take four Dulcolax tablets by mouth with 32 ounces of water or juice.

7:00 pm, Evening prior to the Colonoscopy: Mix ½ bottle of Miralax (238 gram) with 32-ounces of Gatorade, shake or stir until mixture is dissolved. Drink one 8-ounce glass every 15 minutes until finished.

Day of the Colonoscopy - 6 hours prior to the procedure: Mix ½ bottle of Miralax (238 gram) with 32-ounces of Gatorade, shake or stir until mixture is dissolved. Drink one 8-ounce glass every 15 minutes until finished. You must finish the bowel prep at least 4 hours prior to the procedure start time.

- The correct timing of this dose is essential to an effective preparation.
- **You must have nothing by mouth for 4 hours prior to the procedure.**

If you have any questions please call our surgical scheduler Kathy (248) 858-3814.