## Colonoscopy Preparation
### Using MiraLAX and Dulcolax

<table>
<thead>
<tr>
<th>When</th>
<th>What You Need to Do</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 days before</td>
<td><strong>Arrange for someone to drive you to your procedure and back home. Check which medications you may need to stop.</strong></td>
<td>See medication instructions on the next page. Call your doctor if you have questions about your medications.</td>
</tr>
<tr>
<td><strong>3 days before</strong></td>
<td></td>
<td></td>
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<tr>
<td>Morning</td>
<td><strong>Stop eating high-fiber foods as of this morning.</strong></td>
<td>High-fiber foods include salads, seeds, nuts, and popcorn.</td>
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<tr>
<td>2 days before</td>
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<tr>
<td>Daytime</td>
<td><strong>Eat normally during the day, and avoid high-fiber foods.</strong></td>
<td>Don’t drink smoothies, shakes, or milk. Avoid drinks that are colored purple, red, or orange.</td>
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<tr>
<td>Dinner</td>
<td><strong>This dinner will be your last solid food before the procedure.</strong></td>
<td>Eat a small dinner.</td>
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<tr>
<td>1 day before</td>
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<tr>
<td>Daytime</td>
<td><strong>When you wake up, start drinking only clear liquids. Drink 8 ounces of clear liquid every hour while you’re awake today.</strong></td>
<td>Don’t drink coffee or alcohol. See list of clear liquids on the next page.</td>
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<tr>
<td>4 p.m.</td>
<td><strong>Take 2 bisacodyl (Dulcolax) tablets.</strong></td>
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<tr>
<td>6 p.m.</td>
<td><strong>Begin drinking the first bottle of Gatorade with MiraLAX. Drink 8 ounces every 15 to 30 minutes.</strong></td>
<td>Mix ½ or 7 capfuls of the 8.3-ounce bottle of MiraLAX with one 32-ounce Gatorade. Mix the remaining MiraLAX with the second bottle of Gatorade and refrigerate.</td>
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<tr>
<td>Bedtime</td>
<td><strong>Keep drinking clear liquids until bedtime.</strong></td>
<td>You may need to use the bathroom at night.</td>
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<tr>
<td>Day of your procedure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morning</td>
<td><strong>Five hours</strong> <strong>before your procedure, take 2 white simethicone (Gas-X) pills then begin drinking the second bottle of Gatorade and MiraLAX. Take 2 more Gas-X pills and drink 10 ounces of magnesium citrate after you finish the laxative.</strong></td>
<td>It should take about 2 hours to finish the MiraLAX solution.</td>
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<tr>
<td></td>
<td><strong>You must stop drinking 3 hours before your appointment time.</strong></td>
<td>If your appointment is for 8:30 a.m., you need to get up at 3:30 a.m. in order to finish the MiraLAX solution by 5:30 a.m. (which is 3 hours before the procedure).</td>
</tr>
</tbody>
</table>

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*Arrival time ____________________________  Appointment time ____________________________  
Date ____________________  Location ____________________________  Doctor ____________________________*
Frequently Asked Questions

Which medications should I stop taking before my procedure?

- Stop anti-inflammatory medicines, such as ibuprofen (Motrin, Advil) and naproxen (Aleve) 7 days before your procedure.
- Stop taking vitamins, oral iron, and herbal supplements 7 days before your procedure.
- Ask your doctor if it’s safe to stop the blood thinner clopidogrel (Plavix) and aspirin/dipyridamole (Aggrenox) 7 days before your procedure.
- Ask your doctor if it’s safe to stop taking blood thinners such as warfarin (Coumadin) 5 days before your procedure, and dabigatran (Pradaxa) 2 days before your procedure.
- Ask your doctor when to stop taking the anticoagulants rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa).
- Don’t take your diuretics (water pills) the day before or the morning of your procedure.

Which medications am I allowed to take?

- Continue to take your blood pressure medications, such as atenolol, metoprolol, carvedilol, or lisinopril.
- Don’t stop your daily low dose (81 mg) aspirin treatment. Tylenol is OK to continue taking.
- Contact your doctor if you have any questions about your medications.

What exactly can I drink during the day when I’m only taking “clear liquids”?

- You may have water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, ginger ale, or yellow or green Jell-O. Many people like to drink chicken, beef, or vegetable broth. Be sure none of the liquids are red, orange, or purple.

How exactly should I take the MiraLAX?

Please purchase the following at your pharmacy or supermarket. No prescription is needed.

- Polyethylene glycol 3350 powder (MiraLAX). One 14-dose (8.3-ounce) bottle.
- Bisacodyl (Dulcolax) 5 mg tablets. One box.
- Magnesium citrate. One 10-ounce bottle (not red or purple).
- Four tablets of white simethicone (Gas-X) 80 mg each.
- Gatorade (yellow or green only). Two 32-ounce bottles.

At 4 p.m., the day before your procedure, take 2 bisacodyl (Dulcolax) 5 mg tablets.

At 6 p.m., the night before your procedure, mix half the MiraLAX (7 capfuls) into a 32-ounce Gatorade bottle and the other half into another Gatorade bottle. You’ll drink 1 bottle now and the other bottle in the morning. Drink about 8 ounces every 15 to 30 minutes over 2 hours. Keep the other bottle in the refrigerator to drink later. Because you’re taking a laxative, you’ll want to stay close to home near a bathroom.

Five hours before your procedure, take 2 white (Gas-X) pills then begin drinking the other Gatorade bottle of MiraLAX. It should take you 2 hours to finish. Then, take 2 more Gas-X pills and drink the magnesium citrate (10-ounce bottle). Depending on the time of your procedure, you may need to wake up early to drink the rest of the MiraLAX. Remember that you must stop drinking any liquids 3 hours before your appointment time.

The correct timing is very important to make sure your colon is clean enough for a successful exam. Stool remaining in the colon can hide polyps or other abnormalities. If we’re not able to thoroughly examine your colon, you may have to reschedule the procedure.

What do I need to remember on the morning of my appointment?

- Be sure to follow the instructions about how to drink the MiraLAX exactly as provided.
- You may take your regular allowed medications on the morning of your appointment. Bring a list of all your current medications to your procedure.
- Please don’t wear contact lenses or jewelry. Don’t bring valuables with you.
- Wear comfortable, loose fitting clothes, and flat shoes or sneakers.
- Don’t apply lotion.
- You must have a driver bring you and stay during the 2 to 3 hours of your procedure. Unfortunately, we’d need to reschedule your appointment if you don’t have a driver.
# Additional Instructions for Patients with Diabetes

## Type 2 Diabetes

### Day before your procedure

- Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids.
- Check your blood sugars at least twice: in the morning before beginning your clear liquids and at bedtime.

## Type 1 Diabetes

### Day before your procedure

- Contact your endocrinologist or diabetes care doctor.

### Day of your procedure

- Don’t take any oral diabetes medications, such as glipizide (Glucotrol) or pioglitazone (Actos). You may continue metformin (Glucophage). Check your blood sugar in the morning before arrival time.
- If you take any long-acting insulin, take half the dose.
- Don’t take any short-acting insulin (Insulin Regular, Lispro) unless you’re using a sliding scale. Check your blood sugar in the morning before your arrival time.