



Colonoscopy Preparation Using MiraLAX, Dulcolax, and Simethicone

Date: _____ Arrival time: _____ Appointment time: _____

Doctor: _____ Location: _____

7 days before

Adjust your medications starting today if needed. Review the table on pages 3 to 4 for instructions. Make plans for someone to drive you to and from the medical center on the day of your procedure. Your driver may need to wait for you during the procedure and recovery period (about 2 to 3 hours). Arrange to get your colonoscopy preparation solution and medications this week. You'll need these the afternoon before your procedure. Your prescriptions can be delivered to your home within a few days. Order online at kp.org/pharmacy or call the Kaiser Permanente pharmacy at (888) 218-6245.

3 days before

Stop eating high-fiber foods this morning. This includes whole-grain cereal and bread, beans, seeds, nuts, popcorn, fruits, and vegetables.

2 days before

Eat normally during the day and continue to avoid high-fiber foods. Don't drink smoothies, shakes, or milk. Avoid red, orange, or purple beverages. Eat a small meal at dinnertime. This is your last solid food before the procedure.

1 day before

Don't eat any solid food today. Start drinking clear liquids only. Drink at least 1 cup of clear liquids each hour you're awake.

- Drink clear liquids such as water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, or ginger ale. You may also drink chicken, beef, and vegetable broth, or eat yellow or green Jell-O.
- Don't drink coffee or alcohol, or consume anything that's red, orange, or purple.

4 p.m.	Take 2 bisacodyl (Dulcolax) tablets.
6 p.m.	<p>Make sure you're at home and near an unoccupied bathroom. The bowel-preparation solution can work quickly and will cause multiple bowel movements.</p> <p>Mix ½ of the 8.3-ounce bottle of MiraLAX (7 capfuls) with one 32-ounce bottle of Gatorade. Mix the remaining MiraLAX with a 2nd 32-ounce bottle of Gatorade and refrigerate for tomorrow.</p> <p>Begin drinking the 1st bottle of Gatorade with MiraLAX. Drink 1 cup (8 ounces) every 15 to 30 minutes. It should take about 2 hours to finish the bottle.</p>
Evening	Keep drinking clear liquids until bedtime. You may need to use the bathroom at night.

Day of your colonoscopy

Don't eat any solid food.

Take your **allowed** medications. Review the tables on the next pages for your medication instructions.

5 hours before appointment time

Take 2 simethicone (Gas-X) pills.

Begin drinking the 2nd 32-ounce bottle of Gatorade and MiraLAX. Drink 1 cup (8 ounces) every 15 to 30 minutes.

Take 2 more simethicone (Gas-X) pills.

Drink 1¼ cups (10 ounces) of magnesium citrate.

It should take about 2 hours to finish the prep solution.

3 hours before appointment time

Stop drinking all fluids. For example, if your appointment is at 11 a.m., finish drinking the solution by 8 a.m. If your appointment is earlier in the day, you may need to wake up very early in the morning to finish it.

When you come to the medical center

Wear comfortable clothes.

Don't use makeup, cologne, perfume, or body lotion.

Remove nail polish or artificial nails from at least one finger. We attach an oxygen monitor to the unpolished fingertip.

Leave valuables (including jewelry and wedding rings) at home.

Bring:

- Valid photo ID.
- Kaiser Permanente ID card.
- Medicare, Medi-Cal, or other health insurance cards, along with any copay.
- A list of all prescription and over-the-counter medications, and nutritional or herbal supplements you take.
- A case to store any contact lenses, glasses, or dentures.
- A mobile device and earbuds, if desired.



See page 3 for **Medication instructions** before your colonoscopy.



View your instructions online at kpdoc.org/colonoscopy.

Medication instructions

You may need to adjust your medications in the week leading up to your procedure. Review the table for any medications you take. Ask your doctor if you have any questions or concerns about your medications or supplements.

Medication type	Instructions
Daily low-dose aspirin	Continue these as prescribed if you're currently taking them.
Acetaminophen (Tylenol)	
Blood pressure medications such as atenolol, metoprolol, carvedilol (Coreg), or lisinopril	
Vitamins, herbs, supplements, or medications containing iron	Stop taking these 7 days before your procedure.
Anti-inflammatory medications such as ibuprofen (Motrin, Advil), naproxen (Aleve), and Excedrin	
Medications for diabetes	You may need to adjust these medications on the day before and the morning of your procedure. Review your instructions on the last page of this document.
Diuretics (water pills)	Don't take these the day before or the morning of your procedure.
Blood thinners such as clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox), warfarin (Coumadin), and dabigatran (Pradaxa)	Ask your doctor if and when it's safe to stop or adjust these medications before your procedure.
Anticoagulants such as rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa)	
Medications for type 1 diabetes	



See page 4 for **Diabetes medication instructions** before your colonoscopy.

Diabetes medication instructions

If you have **type 1 diabetes**, contact your endocrinologist or diabetes care manager for medication instructions.

If you have **type 2 diabetes**, follow these instructions for the type of medication you take. Contact your doctor or diabetes care manager if you take a medication that isn't listed here or if you use an insulin pump.

Day before your colonoscopy

Starting first thing in the morning, check your blood sugar at least every 4 hours. Your blood sugar may drop more quickly than usual when you're fasting. If you have symptoms of low blood sugar, treat with sugar or glucose tablets. You can also call the Appointment and Advice Call Center at **866-454-8855**.

Medication type	Morning dose	Afternoon or evening dose
Oral	Metformin, Linagliptin, Pioglitazone: Take your usual dose. Glipizide, Prandin: Take ½ your usual dose Empagliflozin: DO NOT TAKE	Metformin: Take your usual dose Glipizide, Prandin: Take ½ your usual dose
Injected non-insulin: Liraglutide	Take your usual dose	
Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba	Take ½ your usual dose	Take ½ your usual dose
Intermediate-acting insulin: NPH, Humulin N, Novolin N	Take ½ your usual dose	Take ½ your usual dose
Rapid/short-acting insulin: Humalog, Novolog, Regular, Novolin R	Take ½ your usual dose	Take ½ your usual dose
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	Take ½ your usual dose	Take ½ your usual dose

Day of your colonoscopy

Before your appointment, check your blood sugar after you complete the preparation solution. Follow the instructions below for your morning dose. After your procedure, eat a light meal and take your usual afternoon or evening dose.

Medication type	Morning dose
Oral	Metformin, Linagliptin, Pioglitazone: Take your usual dose Glipizide, Prandin, Empagliflozin: DO NOT TAKE
Injected non-insulin: Liraglutide	Take your usual dose
Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE
Intermediate-acting insulin: NPH, Humulin N, Novolin N	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE
Rapid/short-acting insulin: Humalog, Novolog, Regular, Novolin R	DO NOT TAKE
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your doctor or pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.