



COLONOSCOPY 1 DAY PREP *Instructions*: MIRALAX

IMPORTANT - Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy.

Name: _____ DOB: _____

Your Colonoscopy/Endoscopy with Dr. Haffar is scheduled at Boone Memorial Health 701 Madison, WV 25130 on _____ @ _____ AM/PM.

Follow all the instructions in this handout EXACTLY as they are written. If you do not follow the directions, your procedure may be canceled.

- Buy your bowel preparation at least 5 days before your colonoscopy.

You need to buy the following (no prescription needed):

- One 64-ounce or two 32-ounce bottles of Gatorade, Propel, Crystal Light or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade.
- Dulcolax laxative tablets (5 MG) (not suppository or stool softener, you will need 4 tablets for the prep).
- MiraLAX 238 grams (8.3 ounces) powder (can be found in laxative section).

Medications

It is common that certain medications be held or adjusted for Endoscopic procedures and anesthesia. You are advised to speak with your prescribing physician at least 2 weeks before the scheduled test. DO NOT stop these medications without the consent of the prescribing physician.

- Blood thinners -- such as Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agrylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), Eliquis® (Apixaban), and Effient® (Prasugrel)- these often need to be held 3-5 days prior to a procedure depending on the medication and your medical history. Discuss with your prescribing physician for recommendation and instructions on holding your specific medication.
- Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. The following is some information to guide you:
 - If you take a pill to lower your sugar, do not take it on the day of your procedure.
 - If you are taking regular insulin®, do not take it on the day of your procedure.
 - If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.



- If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions.

- GLP-1 Medications:
- Dulaglutide (Trulicity) (weekly)
- Exenatide extended release (Bydureon Bcise) Weekly)
- Exenatide (Byetta) (twice Daily)
- Semaglutide (Ozempic) (weekly)
- Liraglutide (Victoza, Saxenda) (daily)
- Lixisenatide (Adlyxin) (daily)
- Semaglutide (Rybelsus) (taken by mouth once daily)

For patients on a daily dosing GLP-1 agonists on the day of the procedure/surgery. For patients on a weekly dosing must hold GLP-1 agonists a week prior to the procedure/surgery.

- If you take aspirin, take it and ALL other prescribed medicines with a sip of water on the day of your colonoscopy.

FIVE (5) DAYS BEFORE YOUR COLONOSCOPY

- Do NOT take products that contain iron -- such as multivitamins -- Avoid high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad/vegetables, fresh and dried fruit. Avoid fiber supplements-- such as Metamucil®, Citrucel®, or Konsyl®.

ONE (1) DAY BEFORE YOUR COLONOSCOPY

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. The clear liquids you can drink include:

- Water, apple, or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red). You may eat plain Jello or other gelatins (not red) or popsicles (not red).

- 8:00 AM – Take 2 Dulcolax tablets.
- 2:00 PM- In a pitcher mix the 238 grams of MiraLAX® with the 64 ounces of Clear Liquid. Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved. Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution. Start drinking, making sure it is finished by 8:00 PM.
- 4:00 PM- Take the other 2 Dulcolax Tablets.



NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

•Do NOT drink alcohol on the day before or the day of the procedure.

IF you use tobacco products in any form: Vaping, smoking, Chewing or dipping DO NOT use 24 Hours prior to procedure. YOU WILL BE RESCHEDULED.

- A responsible family member or friend MUST drive you home from the procedure. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be canceled. The entire process from arrival to discharge may take 3-4 hours. You CANNOT drive for 24 hours after the procedure.
- Please bring a list of known allergies, current medications, a list of medical conditions and surgical history.

Thank You,

Please Call 304-369-1230 Ext. 7006 with any questions or concerns.