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## COLONOSCOPY 1 DAY PREP

### *Instructions:* POLYETHYLENE GLYCOL (MIRALAX)

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

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Procedure: \_\_\_\_\_

Location: Boone Memorial Health 701 Madison Avenue Madison, WV 25130

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

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**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 oz 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 5mg x 4 tablets (not suppository or stool softener)
- MiraLAX (generic name polyethylene glycol) 238 grams (8.3 oz). This is in powder form and can be found in the laxative section of the drug store.

#### **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.
  - 12:00 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.



### **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.
- If you take aspirin, take it and ALL other prescribed medicines with a sip of water on the day of your colonoscopy.
- DO NOT stop these medications without the consent of the prescribing physician.

### **Blood thinners:**

- Coumadin® (warfarin)
- Plavix® (clopidogrel)
- Ticlid® (ticlopidine hydrochloride)
- Agrylin® (anagrelide)
- Xarelto® (Rivaroxaban)
- Pradaxa® (Dabigatran)
- Eliquis® (Apixaban)
- 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.

### **Diabetes/Weight Loss Medication:**

#### **Insulin:**

- 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 quick acting insulin, do not take it on the day of your procedure.
- If you are taking long-acting insulin, take half of your prescribed dose the night before the procedure if you take it at night, or the morning of the procedure if you take it in the morning.



- If you are uncertain of the type of insulin you take, please contact your prescriber for further instructions.

### **GLP-1 Medications:**

#### **Weekly injectables**

- Semaglutide (Ozempic or Wegovy)
- Dulaglutide (Trulicity)
- Exenatide (Bydureon Bcise)
- Tirzepatide (Mounjaro or Zepbound)

For patients on a weekly GLP-1 medication, you must **hold the injection a week prior** to the procedure/surgery.

#### **Daily injectables**

- Exenatide (Byetta) (twice Daily)
- Liraglutide (Victoza or Saxenda)
- Lixisenatidue (Adlyxin) (daily)
- Soliqua (combination with insulin)
- Xultophy (combination with insulin)

#### **Oral GLP-1 medication**

- Semaglutide (Rybelsus or Wegovy pill)
- Foundayo (orforglipron)

For patients on a daily dosing GLP-1 agonist, **hold the medication on the day of** the procedure/surgery.

### **SGLT-2 Inhibitors**

- Dapagliflozin (Farxiga)
- Canagliflozin (Invokana)
- Empagliflozin (Jardiance)
- Ertugliflozine (Steglatro)
- Bexagliflozin (Brenzavvy)



Or any of the above SGLT-2 medications in combination with another diabetes medication, such as metformin, must be held **3 days prior** to the procedure/surgery.

Thank You,

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