



COLONOSCOPY PROCEDURE INSTRUCTIONS

Miralax 2 Day Prep

Physician: Dr. Pointer // Dr. Sharma

Facility: Southern Endoscopy Center
330 Wallace Rd, Suite 103
Nashville, TN 37211
Phone: (615) 832-5530

Date of Procedure: _____

Arrival Time: _____

***FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A
CANCELLATION AND YOUR PROCEDURE WILL BE
RESCHEDULED***

Your Bowel Preparation and Colonoscopy At a Glance

Your prep is a 'split dose' prep. What is a 'split' colonoscopy prep?

Many doctors offer what is known as a "split" prep, meaning patients take half of their prep the night before the colonoscopy and the other half the morning of the procedure.

Prepping this way is better for patients and allows the doctor to see the inside of the colon more clearly. For example, at 5 p.m. the night before the colonoscopy, you would drink 8 ounces of the already mixed prep and continue to drink 8 ounces every 10 to 15 minutes until the bottle is half empty. On the morning of the procedure (five hours before arriving at the doctor's office), you do the same thing as the night before, until the remaining 2 liters of solution are gone.

Preparation quality is your responsibility—it is critical you follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon you providing an excellent colon preparation. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation or rescheduling of procedure.

CLEAR LIQUID DIET

A clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp in them. Clear liquids are liquids that you can see through.

Please avoid clear liquids that are red, orange, blue, or purple.

This includes:

- Water
- Jello
- Clear broth (without pulp, fat, noodles, beans, vegetables, or meat)
- Coffee or tea (without cream)
- Sports drinks (not red, blue, orange, or purple)
- Clear sports drinks, sodas
- Popsicles

Foods to AVOID:

- ALL SOLID FOODS
- Meats
- Vegetables
- Fruit
- Avoid fiber, nuts, seeds, oats, and granola for 7 days before your procedure.

Medications:

- Blood thinners
 - You will be contacted within 9 days with instructions on when to stop this
- STOP all fiber and iron supplements for 7 days before your procedure
- NSAIDS- STOP taking AT LEAST 7 days before your procedure (common names: Aspirin, Aleve, Motrin, Ibuprofen, Advil, Excedrin, BC powder, Meloxicam, and Diclofenac)
- Blood pressure medications- DO NOT STOP this, you can take these the morning of
- Diabetic medications- UNLESS otherwise instructed by your primary care or endocrinologist
 - Type 2 diabetes:
 - The morning before (when you start clear liquids) take HALF the usual dose of your diabetes medications, including both oral medications and insulin
 - The morning of your procedure: DO NOT take ANY oral diabetes medications such as glipizide or pioglitazone. YOU CAN continue oral metformin.
 - PLEASE CHECK YOUR BLOOD SUGAR THE MORNING OF.
- Diuretics/water pills- Please HOLD on the day before your procedure and resume after your procedure, that same day.
 - These may be named: furosemide, hydrochlorothiazide, triamterene/HCTZ
- **GLP-1 Medications- HOLD** for 7 days before your procedure
 - Semaglutide (Ozempic), Rybelsus, Trulicity (Dulaglutide), Saxenda, Bydureon, Victoza (Liraglutide), Byetta (Exenatide), Wegovy, Mounjaro (Tirzepatide), Albiglutide (Tanzeum), Adlyxin (Lixisenatide), Zepbound, Phentermine + topiramate (Qsymia), Phentermine (Adipex-P, Lomira, Fastin, Phentercot
- Others- PLEASE TAKE any thyroid, seizure, anti-anxiety, antipsychotic medications, and aspirin 81mg as normal.

WHAT TO BRING:

- Insurance card
- Photo ID
- Medication list
- Co-payment *due at time of service, NO EXCEPTIONS
- **DRIVER- must be 18 years or older.** You MAY NOT use Uber, Lyft, Medride, or a taxi unless a friend or family member comes with you IN ADDITION to the driver.

5-7 days before colonoscopy

- Pick up the following over-the-counter medications:
 - **TWO** 510gm/17.9 oz bottle of MiraLAX® (polyethylene glycol)
 - **EIGHT Dulcolax®** (bisacodyl) 5mg laxative tablets and a small box of simethicone tablets.
 - **TWO GALLONS** of clear liquid of your choice that is not red or purple
- Pick up everything needed for your clear liquid diet.
- Read all pages provided and call our office if you have any questions (number listed above).
- Make arrangements to have someone drive you to the procedure, stay with you in the center until your procedure is complete, and take you home afterward. You will not be allowed to leave the facility by yourself for your safety. You cannot drive for 12 hours after the procedure.

Two Days before the procedure

START a CLEAR LIQUID diet when you wake up.

Mix all of the MiraLAX® bottles into TWO Gallons of clear liquid until dissolved and place in the refrigerator. **You should not have any Miralax powder left.**

3 p.m. Take **FOUR** Dulcolax tablets

5 p.m. - 8 p.m. Take TWO Simethicone tablets

- Drink ONE gallon of the Mirilax mixture
- Drink 8 ounces every 15 - 20 minutes until the FIRST gallon is completely consumed
- Stay well hydrated with your CLEAR liquid diet. ****YOU MUST DRINK AN ADDITIONAL 32 OZ OF CLEAR LIQUIDS OVER THE NEXT HOUR.**** If working properly, you will begin to have diarrhea within 4 hours.

Day before the procedure

Upon waking up, continue a CLEAR LIQUID DIET. NO SOLID FOODS.

3 p.m. Take **FOUR** Dulculox tablets

5 p.m. - 8 p.m. Take TWO Simethicone tablets

- Drink half a gallon of the bowel prep solution.
- Drink 8 ounces every 15- 20 minutes until half of the solution has been consumed.
- Place the other half back in the refrigerator.
- Stay well hydrated and drink plenty of water. ****YOU MUST DRINK AN ADDITIONAL 32 OZ OF CLEAR LIQUIDS OVER THE NEXT HOUR.**** If working properly, you will begin to have diarrhea within 4 hours.

8 p.m. - midnight You may have a **CLEAR LIQUID** diet until midnight

Day of procedure

After Midnight: **NOTHING MY MOUTH. THIS INCLUDES TOBACCO, CANDY, GUM, AND MINTS.** *You can **ONLY** have the prep and water on the day of the procedure.*

Morning of the procedure: Take 2 simethicone tablets.

5 hours before the procedure: Drink the remaining half of the bowel prep.

The **ENTIRE** container must be consumed at least 2 hours before your procedure, and you must no longer drink water 2 hours before the scheduled procedure time.

At this point, YOU CAN NOT HAVE ANYTHING ELSE TO DRINK UNTIL AFTER YOUR PROCEDURE.

You will be sedated for this procedure and will not be able to drive, operate machinery, make important decisions, or return to work. Plan to spend up to 4 hours at the facility, times can vary from 45 minutes to 4 hours. You MUST have a driver 18 years or older who will be required to stay at the facility the entire time. They must sign you out at the end of the procedure. If you do not have a driver, your procedure will be rescheduled.