



COLONOSCOPY PROCEDURE INSTRUCTIONS

Miralax 1 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.¹

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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.

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5-7 days before colonoscopy

- Pick up the following OVER THE COUNTER medications:
 - **ONE** 510 gm/17.9 oz bottle of Mirilax (polyethylene glycol)
 - **FOUR** Dulcolax (bisacodyl) 5mg laxative tablets and a small bottle of simethicone tablets.
 - **ONE GALLON** of **clear liquid** of your choice (NOT red, blue, orange, 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 and take you home afterwards. For your safety, you will not be allowed to leave the facility by yourself. You cannot drive for 12 hours after the procedure. Medical transportation is acceptable

Day before the procedure

Upon waking up, start a **CLEAR LIQUID DIET**. **NO SOLID FOODS**. Mix Mirilax in your clear liquid and refrigerate.

3 p.m. Take **TWO** Dulcolax tablets with water

5 p.m. - 8 p.m. Take 2 simethicone tablets

- Drink half a gallon of the bowel prep solution (Mirilax that you previously mixed).
- 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.

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

Day of procedure

After midnight: **NOTHING BY MOUTH. THIS INCLUDES TOBACCO, CANDY, GUM, AND MINTS**

Morning of procedure: Take **TWO** simethicone tablets

5 HOURS BEFORE YOUR PROCEDURE- drink the remaining half gallon and drink extra water as the previous day. **ENTIRE container must be consumed at least 2 hours before your procedure.**

You can take your morning prescription medications with a small sip of water at least 4 hours before 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 that is 18 years or older and they will be required to stay at the facility the entire time. They will be required to sign you out at the end of the procedure. If you do not have a driver, your procedure will be rescheduled.

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 in color.

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

Medications:

- Blood thinners
 - You will be contacted within 9 days with instructions on when to stop this
- STOP ALL fiber supplements and IRON supplements for 7 days before procedure
- NSAIDS- STOP taking AT LEAST 7 days before your procedure
- Blood pressure medications- DO NOT STOP this, can take 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 + topirimate (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 someone comes with you IN ADDITION to the driver.³

