

Southwest Community Gastroenterology

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Miralax and Dulcolax Colonoscopy Bowel Prep

Three Days prior to Colonoscopy:

Do not take any **PERSANTINE, COUMADIN, IRON PRODUCTS, OR BULK-FORMING AGENTS** (such as Fibercon, Metamucil, etc).

Two Days prior to Colonoscopy:

Purchase the following medications (both are available over the counter)

Miralax in large bottle (8.3 ounces or 238 grams)

4 Dulcolax or bisacodyl tablets

There may be store brands of these products that cost less. Ask your pharmacist to help you find what you need.

Day prior to the Colonoscopy:

Drink clear liquids for breakfast, lunch, and dinner (No Solid Food). Clear liquids include: coffee (no milk or cream), hard candy, tea, water, soft drinks, apple or white grape juice, Gatorade, Kool-Aid, clear broths, popsicles, flavored ice slushes, or Jell-O (No Red or Green). **Do not take ELIQUIS, PLAVIX, OR XARELTO 24 hrs before your Colonoscopy.**

Follow the schedule below for your bowel prep. You may need to get to a toilet right away. You will have many bowel movements through the day. They will become very watery.

1:00pm Take 4 ducolax tablets with a drink of clear liquids.

2:00pm Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled, so you may want to place it in the refrigerator.

4:00pm Start drinking the Miralax. Drink one glass every 10-15 minutes. Finish drinking in 2 hours. Be sure to drink all the liquid. You may have clear liquids until midnight.

12:00am Do not eat or drink anything after midnight.

Day of Colonoscopy:

Take routine medications for high blood pressure, heart disease, seizure disorder, etc., please take those medications as directed with just enough water to swallow the medication.

You must have a driver, because you will receive IV sedation for procedure.

Endoscopy Center Instructions

Suresh K. Mahajan, M.D.

1. **The day before your procedure**, you will receive a call from an associate regarding instructions and arrival time. If you do not receive a call or voicemail by 2:00 please call (440) 816-5345.
2. Follow all preparation instructions from Dr. Mahajan's office.
3. Wear comfortable clothing and shoes. Please leave all jewelry and valuables at home. Also, for female patients, remove all nail polish.
4. Please bring a list of all current medications and over the counter/herbal supplements and their dosages with you on the day of your procedure.
5. If you are receiving medications during your procedure; **YOU MUST HAVE A RIDE HOME**. There are no exceptions. You will **NOT** be permitted to take public transportation or cab home following the procedure.
6. **Please note location: The Endoscopy Center is located on the first floor of Building A.** (This is the old Surgicare Laser Center.)

ASC PREOP CONTINUATION OF MEDICATIONS – continue **all** meds except:

ANTICOAGULANTS (including aspirin) – instructions on holding anticoagulants need to come from the prescriber, the surgeon, or a consultant

NSAIDs – hold for 4 days (unless otherwise instructed by the surgeon)

INSULINS - continue as normal until DOS, then on morning of procedure:

- Take one-half of long-acting insulins (Lantus, Levemir, Toujeo) if sugar 140 or higher
- Pumps – suggest decreasing the basal rate by one-half (patient may override instruction)
- Hold all other insulins

ORAL HYPOGLYCEMICS – hold the day of surgery

INJECTABLE NON-INSULIN HYPOGLYCEMICS

- Those on daily dosing, hold the day of surgery
- Those on weekly dosing, hold for 7 days

GLP1 Agonists	Trade Name	Dosing
Exanetide	BYETTA	SQ Daily
	BYDUREON	SQ Weekly
Semaglutide	WEGOVY	SQ Weekly
	OZEMPIC	SQ Weekly
	RYBELSUS	PO Daily
Liraglutide	VICTOZA	SQ Daily
	SAXENDA	SQ Daily
Dulaglutide	TRULICITY	SQ Weekly
Tirzepatide	MOUNJARO	SQ Weekly

MAO INHIBITORS

- Type A MAOIs for depression – hold for 7 days, but only under psychiatric supervision
- Type B MAOIs for Parkinson's should be continued on the DOS

DIURETICS – hold the day of surgery if no history of HF

NARCOTIC ANTAGONISTS (meds containing buprenorphine or naltrexone):

- Oral, SL, and dermal forms should be held for 3 days prior to major surgeries. If this is impossible, contact anesthesia for further instructions
- Contact anesthesia if using IM formulations

HERBALS AND VITAMIN E – ideally hold for 7 days (will not cancel case if this is not possible)

CANNABIS – Do not consume two hours before arrival