



COLONOSCOPY PREP INSTRUCTIONS

MiraLAX Split Dose Bowel Preparation

IMPORTANT: Please read these instructions at least 2 weeks before your colonoscopy.



Date of Colonoscopy _____

Your **arrival time** will be called to you by the nursing staff at SVH prior to your procedure.

Your procedure will be at Sonoma Valley Hospital, 347 Andrieux St, Sonoma, California.

If you need to reschedule, cancel, or have questions about your procedure please contact the office at 707-938-7690.

General Instructions:

To have a successful colonoscopy your colon **MUST** be clear of any solid or liquid stool. Please follow all the instructions in this handout EXACTLY as they are written.

***** If you do not have clear liquid output at the time of your colonoscopy, your procedure may be cancelled. *****

- Do **NOT** eat any solid food the ENTIRE day before or morning of your colonoscopy
- Purchase your bowel prep medications at least **5 days** before your colonoscopy
- Do **NOT** mix the prep solution until the day before your colonoscopy (Prep Day)
- A **responsible adult** (family member or friend) **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive, take a taxi, bus, or car service, walk, or leave the hospital alone.
- Expect to be at SVH for the procedure for **3-4 hours**.

Medications: Please continue your usual medications with the following **IMPORTANT** exceptions.

Blood thinners	Coumadin (Warfarin)	Hold FIVE days prior to colonoscopy
	Plavix (clopidigrel), Ticlid (ticlopidine), Effient (prasugrel)	Hold SEVEN days prior to colonoscopy
	Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban) or other direct oral anticoagulants	Hold THREE days prior to colonoscopy
Diabetes	Metformin (Glucophage)	Hold on prep day and colonoscopy morning
	Glipizide (Glucotrol), Glimepiride	Hold on colonoscopy day
	Pioglitazone (Actos), Rosiglitazone (Avandia)	Hold on colonoscopy day
	Sitagliptin (Januvia), Saxagliptin (Onglyza), Alogliptin (Nesina, Vipidia), Linagliptin (Tradjenta), Vildagliptin (Galvus)	Hold on colonoscopy day
	Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro)	Hold THREE days prior to colonoscopy
	Exenatide (Byetta), Liraglutide (Victoza or Saxenda), Semaglutide Oral (Rybelsus), Semaglutide Injection (Ozempic; Wegovy), Dulaglutide (Trulicity), Lixisenatide (Adyline), Tirzepatide (Mounjaro; Zepbound)	For weekly dosing, hold 7 days prior to colonoscopy. (If taken exclusively for diabetes, other diabetes medications may be needed while dose is held—please contact your PCP for guidance.) For daily dosing, hold on colonoscopy day.
	Long Acting Insulin (Lantus, Basaglar, Tresiba)	50% typical dose on prep day and if taken in morning take 50% typical dose on colonoscopy day
	Intermediate Insulin (NPH, Novalin 70/30, Novalog 70/30)	80% of typical dose on prep day; take 50% of typical dose on colonoscopy morning if CBG over 200
Short Acting Insulin (Aspart, Lispro, Regular, Humalin)	Fixed dosing: 50% of typical dose on prep day and HOLD on colonoscopy day Correctional dosing: take typical dose	

Blood Pressure	ACE Inhibitors: Benazepril, Captopril, Enalapril, Fosinopril, Lisinopril, Moexipril, Quinapril, Ramipril ARBs: Azilsartan, Candesartan, Eprosartan, Irbesartan, Losartan, Olmesartan, Telmisartan, Valsartan	Hold on colonoscopy morning
Other	Supplements, Herbals, Iron, Vitamins, Baby Aspirin, Omega-3s, NSAIDs like ibuprofen, Celebrex, Mobic, Naproxen	Hold SEVEN days prior to colonoscopy

Items to purchase from a local pharmacy (no prescription is needed):

- **64 oz of clear liquid with electrolytes** such as Gatorade, G2 (diabetics), Propel, Crystal Light, Coconut water (pulp free), apple juice. **NO RED or ORANGE colors.**
- **MiraLAX 238 gram/8.3 oz container** (generic version acceptable)
- **Dulcolax (bisacodyl) 5 mg tablets:** Four (4) laxative tablets (not stool softener or suppositories)
- **Barrier Cream/Ointment to protect your bottom:** Calmoseptine, Zinc oxide or A&D Ointment (optional)

Three (3) Days Before Your Colonoscopy:

- **Avoid high fiber foods** such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad, fresh vegetables (tomatoes, carrots, cucumbers/pickles, corn, etc), fresh and dried fruit.
- **Avoid fiber supplements** such as psyllium husks, Metamucil, Citrucel, Benefiber, Konsyl.

One Day Before Your Colonoscopy (PREP DAY): _____

- **Only drink CLEAR liquids the ENTIRE DAY before your colonoscopy. **Do NOT eat any solid foods.**
 - Water; apple or white grape juice; fat free broth; coffee or tea (NO milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade or other sports drinks; Crystal Light; Jello; popsicles—no ice cream/dairy or with pieces of fruit. **NO RED OR ORANGE CLEAR LIQUIDS, PLEASE!**
 - **Do NOT** drink alcohol or use marijuana on PREP DAY or the day of your procedure.**
- **Make the prep solution:** In a large bowl or a pitcher **MIX** the 8.3oz (238gm) of MiraLAX powder with the 64 oz of Gatorade (or other clear liquid as above). **STIR** until the MiraLAX dissolves completely. **SPLIT** into two (2) portions of 32 oz each. Chill if desired. *Do NOT add ice, sugar, or flavorings to the solution.*

When to Drink Your Bowel Prep: You will start in the evening on Prep Day. Choose the appropriate box below.

If your colonoscopy is a Morning Appointment (arrival BEFORE 11 AM):

- **Step 1:** At **5 pm on Prep Day** take all 4 Dulcolax tablets by mouth with at least 16 oz of water.
- **Step 2:** At **6 pm** drink the first half (32 oz) of the MiraLAX mixture. Drink one 8 oz glass every 10 minutes four times until this portion is finished. You may drink it directly or using a straw. Please continue to drink clear liquids.
- **Step 3:** At **9 pm** drink the second half (32 oz) of the MiraLAX mixture. Drink one 8 oz glass every 10 minutes four times until this portion is finished.
- You may continue to drink other clear liquids until midnight.
- If you feel nauseated, stop, wait 30 min and re-start. Walking may help, too.
- **Do NOT EAT or DRINK anything after midnight except for essential medications with a sip of water.**

If your colonoscopy is an Afternoon Appointment (arrival at 11 AM or LATER):

- **Step 1:** At **5pm on Prep Day** take all 4 Dulcolax tablets by mouth with at least 16 oz of water.
- **Step 2:** At **6pm** drink the first half (32 oz) of the MiraLAX mixture. Drink one 8 oz glass every 10 minutes four times until this portion is finished. You may drink it directly or using a straw. Please continue to drink other clear liquids.

- **Step 3:** On the **day of the colonoscopy, 6 hours prior to arrival** drink the second half (32 oz) of the MiraLAX mixture. Drink one 8 oz glass every 10 minutes four times until this portion is finished. *(If you have an 11 am arrival, start drinking at 5 am. If you have a 2 pm arrival, start at 10 am.)*
- If you feel nauseated, stop, wait 30 min and re-start. Walking may help, too.
- **Nothing more by mouth after the prep drink is finished.**