



Colonoscopy Instructions: Miralax Preparation

Arrival Date and Time: _____

Exam Time: _____

Exam performed by Dr. _____

Please arrive at the Endoscopy Center at 310 Baker Ave suite 175A.

This guide covers how you need to prepare so we can get the best exam of your colon. Please complete all of the steps in this guide so you can have your colonoscopy on the scheduled day.

Please read ALL instructions at least 2 weeks before your exam

- If you have questions, please call **978-287-3835** Monday through Friday 8am to 4:30pm. If after hours, please call 978-287-3835 and you will be directed to our on-call doctor.
- If you need medical help now, call **911** or go to the nearest **Emergency Room**.

**Please call us if you have any health changes- especially any respiratory infections, congestion, coughs or fevers within 48 hours of your scheduled procedure. If you cancel twice without sufficient notice (48hrs), any subsequent procedures will be scheduled at Emerson Hospital.*

Why Proper Colon Cleaning Is Needed

Food and liquids can stay in your body for a long time. If there is food still in your system when you get your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

The doctor will get the best pictures of your colon when it is completely empty.

The doctor will be able to tell right away if your colon is empty. If your colon is not completely empty, you will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

Before You Arrive for Your Colonoscopy

Transportation

- You must make prior arrangements for someone to drive you home if you are receiving any type of anesthesia. This person must be with you at check-in (or reachable by phone). If your driver wishes, we can either give them a call or an approximate time to pick you up if they do not wish to stay. If you take a taxi, bus, or rideshare (ex. Uber, Lyft, etc.) you must have a responsible adult to accompany you home. If you do not have a ride, your procedure will be cancelled.

When Your Colonoscopy is Completed

- In most cases, you will spend 2 to 3 hours in the Endoscopy Unit from the time you arrive. We try to start your exam on time, but medical care can result in unavoidable delays.
- You cannot drive or drink alcohol for 12 hours after your procedure.

Medications

- Continue to take your regular maintenance medications, including aspirin.
- If you have diabetes, ask your doctor about how to take your insulin and other diabetes medications.
- If you take **blood thinners** (Coumadin, Plavix, Pradaxa, Lovenox, etc), **ask your doctor** if you can stop these medications before your colonoscopy. Please call us at 978-287-3835 if your doctor has recommended you **not** stop this for your colonoscopy.
- Do not take nonsteroidal anti-inflammatory medications (such as Ibuprofen/Advil/ Motrin, Voltaren/diclofenac, Aleve/naproxen, Mobic/meloxicam), fish oil and iron supplements for 7 days prior to your procedure.
- Some medications for **diabetes** and **weight loss** need to be **held for 7 days** prior to your procedure. Some medications for diabetes include: Dulaglutide (Trulicity), Exenatide extended release (Bydureon bcise), Exenatide (Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda). Some medications for weight loss include: Wegovy (Semaglutide), Liraglutide (Saxenda), Mounjaro (Tirepatide), and Phentermine.

Insurance Coverage

Check your insurance benefits. Questions to ask your insurance company:

- What is my coverage for a “screening colonoscopy” with anesthesia administered by an anesthesiologist and with potential pathology? *Defined as a patient having no current GI symptoms; over the age of 50; no personal or family history of GI colon polyps and/or cancer*
- What is my coverage for a Surveillance/High Risk Screening colonoscopy with anesthesia administered by an anesthesiologist and potential pathology? *Defined as patient having no GI symptoms; has a personal history of GI colon polyps and/or cancer or family history of GI polyps and/or colon cancer.*
- What is my coverage if I have a Screening/Surveillance colonoscopy and polyps are found and removed? *Ask if you are now subject to a deductible or have an out of pocket expense to include pathology.*
- What is my coverage/out of pocket expense for a Diagnostic colonoscopy with anesthesia administered by an anesthesiologist? *Defined as a medical reason for having a colonoscopy; i.e. rectal bleeding, constipation, change in bowel habits, or other symptoms.*
- If you are having an EGD, Colonoscopy or Flex Sigmoidoscopy, please verify any possible out of pocket expense for anesthesia administered by an anesthesiologist and/or pathology?

Colonoscopy Shopping List

What to Buy At the Grocery Store

For clear liquids (examples below):



1 box Chicken Bouillon/broth
(No noodles or solids in the broth)



1 box "Jell-o"/gelatin
(No flavors with red coloring)



1 bottle Ginger Ale or Clear Juice
(Any brand)



2 bottles (32oz each) of Gatorade
(needed for preparation)
(No flavors with red coloring)

What to Buy At the Pharmacy

Medications you will need:



**1 box Dulcolax or
generic bisacodyl pills**



**1 bottle of Miralax or
generic polyethylene glycol**
8.3 oz (238 grams)



**1 box of Gas-X or
generic simethicone pills**



**1 saline Fleet enema or
generic saline enema**

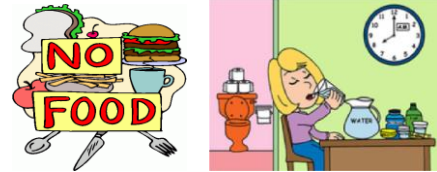
Colonoscopy Miralax Preparation Instructions

Three Days Before Your Exam

- Eat a low fiber diet: avoid nuts, seeds, corn and raw (uncooked) fruits and vegetables.

One Day Before Your Exam

- No solid food for the entire day
- You can only have clear liquids, such as Jell-o, popsicles, broth, tea, black coffee and juice
- You cannot eat solid food until AFTER your exam



Day Before at 2pm

1. Take 2 Dulcolax (or generic brand bisacodyl) pills with a full glass of water



Day Before at 5pm

1. Pour 1 bottle of Gatorade and half (½) bottle of Miralax in a big pitcher or jug
2. Stir until Miralax is combined
3. Drink 1 glass of the Gatorade/Miralax every 15 minutes until you have finished the entire bottle
 - This will cause you to have loose stools
 - Continue drinking even if you have diarrhea
 - You may have nausea, but please continue drinking to be sure your colon is clean



5 Hours Before Your Exam (this may be in the middle of the night)

1. Take 1 Gas-X (or generic brand simethicone) pill
2. Pour the 2nd bottle of Gatorade and the remaining half (½) bottle of Miralax in a big pitcher or jug
3. Stir until Miralax is combined
4. Drink 1 glass of the Gatorade/Miralax every 15 minutes until you have finished the entire bottle. You have 2 hours to finish drinking the preparation. **Do not drink anything including preparation for 3 hours before your exam**



The Morning of Your Exam

1. Look at your stool. If your stool is still not clear or yellow (the color of urine), then use 1 saline fleet enema following the instructions on the box
2. Take your regular medications unless instructed otherwise by a doctor with a small sip of water

