

1 Day Bowel Prep With MiraLAX and Dulcolax

Preparing for Your Colonoscopy or Procedure

Review this information when you receive it so that you are prepared for your procedure. Look for more information from Endoscopy Scheduling or check with your doctor.

Important to know:

- You will need to change your diet starting 5 days before and begin this bowel prep at 3 p.m. the day before.
- Arrange to have an adult come with you to your procedure and to drive you home after.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety.

Medicine Changes Before Your Procedure

You may need to make changes to your medicines many days before your procedure.

Read carefully the medicine change information at go.osu.edu/pted5355 or review the copy with these instructions. These include blood thinners, medicines for diabetes, weight loss, heart conditions, and others. **If you do not review and make the needed medicine changes, your procedure may need to be rescheduled.**

You can also watch this video about your bowel prep instructions. Scan the QR code or go to ptedvid01.



Buy at the store:



Large bottle (8.3 oz or 238 gm) of laxative polyethylene glycol 3350, such as MiraLAX



4 Dulcolax laxative tablets (5 mg each)



Total of 64 ounces of a sports drink, such as Gatorade (no red or purple)

For diabetes:
use sugar free option



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Starting 5 days before your procedure, do not eat:

Corn



Nuts



Leafy greens



Popcorn



Fruit with skin or seeds



Whole grain or high fiber foods



Do not take vitamins with iron, iron tablets, or fiber supplements.



About this prep

- You will drink a medicine mixture to clear your bowels of all solid matter. You will need to go to the bathroom often, and your stool will get very watery. The prep may cause you to have cramps or feel bloated.
- The prep medicine may not taste good. Chewing gum or sucking on hard candy between drinks can help with the taste and can also lessen any nausea.
- You need to take all of it so your bowels are clear. Your bowels are clear when you are passing pale yellow liquid without any stool.
- If you vomit up your prep medicine, have not had any bowel movements, or your bowels are not clear after this prep, please contact the health care provider who is doing your procedure.** Your procedure may need to be rescheduled.
- If you have a history of heart failure, kidney disease, cirrhosis of the liver, electrolyte problems, or chronic constipation,** you may need a different bowel prep medicine. Please contact the nurse for instructions.
- You should not smoke or vape the day before and on the day of your procedure.
- If you have an implanted stimulator device,** it should be turned off before your procedure. Please bring the remote with you on the day of the procedure.

Day before your procedure

Start Clear Liquid Diet

Do not eat any solid food or eat or drink any milk products until after your procedure is done. Drink only clear liquids. You can drink clear and light colored liquids up to 4 hours before your procedure. Do not have anything with red or purple dye.

Okay to have:



Water, flavored water, or ice chips



Coffee or tea with **no** milk or cream



Ginger ale or lemon-lime soda



Fruit juices you can see through, such as apple or white grape



Gatorade, other sports drinks, or other drink mixes like Kool-Aid



Popsicles (**no** fruit or cream) (**no** red or purple)



Jell-O or other gelatin, without fruit (**no** red or purple)



Clear broth or bouillon

Do NOT have:

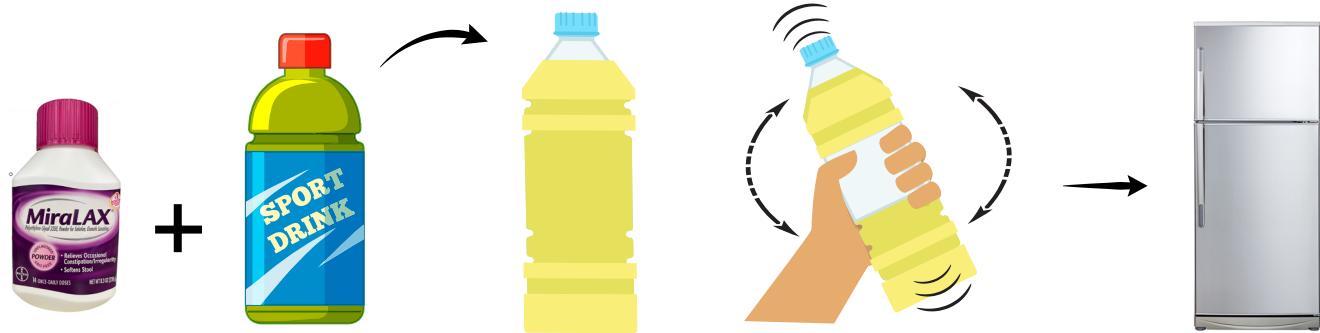
- Alcoholic drinks
- Milk
- Smoothies
- Milkshakes
- Cream
- Yogurt
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Red or purple drinks



At 3 p.m., take 4 Dulcolax tablets.



Pour all of the MiraLAX and 64 ounces of sports drink into a larger container and shake well. Put it into the refrigerator to keep cool.

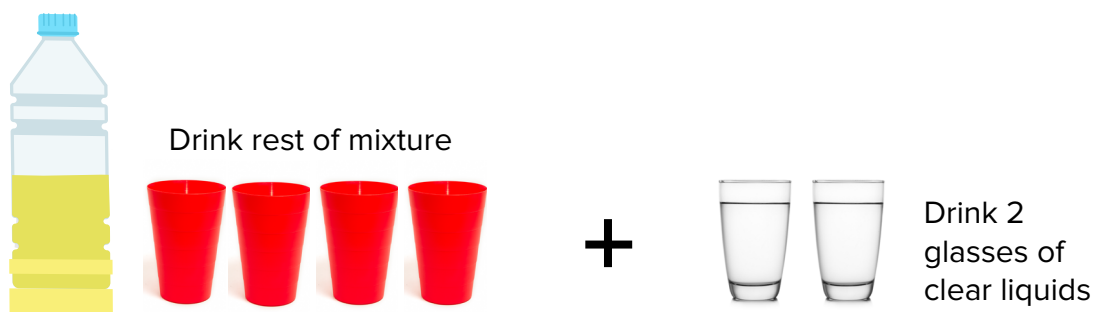


At 6 p.m., drink one (8-ounce) glass of the mixture every 10 to 15 minutes until you finish half of it. It may help to use a straw. Put the rest back in the refrigerator.



6 hours before your procedure

6 hours before your procedure, drink the rest of the mixture. You may need to set your alarm to get up to finish your prep medicine. Drink two (8-ounce) glasses of clear liquids after you finish the mixture. You can drink clear liquids up to 4 hours before your procedure.



You can take a small sip of water to take any allowed medicines within 2 hours of your procedure. Your procedure will be delayed or canceled if you drink anything other than a sip of water with medicines. This is important to make sure it is safe to give you sedation or anesthesia.

If you have alcohol, marijuana, or illegal drugs in your system, your procedure may be rescheduled for your safety.

Arriving for the procedure

Arrive by the arrival time on your letter, so the staff can get you ready. Expect to be here 2 to 4 hours for your procedure and recovery time.

- Please leave all valuables and jewelry, including piercings, at home.
- Patients who can become pregnant may need to give a urine sample in case a pregnancy test is needed.
- Bring these with you to your procedure:
 - List of all medicines, including prescription and over the counter medicines, and any vitamin or herbal products you are taking
 - List of your allergies
 - List of medical conditions and previous surgeries
 - Copy of your advanced directive, such as a living will or power of attorney
 - Photo identification, insurance card, and co-payment, if needed

You need to have an adult come with you to your procedure

You will be given medicine to make you sleepy and help you relax during the procedure. For your safety, you will need a **responsible adult to drive you home after the procedure.** Your driver needs to check in for the procedure with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your procedure. **Your procedure will be delayed or canceled if we cannot speak to your driver.**

- If your driver leaves the facility during the procedure, they need to give the staff a phone number where they can be reached. Your driver needs to be **within 30 minutes** of the procedure location.
- If you take a cab, bus, or medical transportation, an adult other than the driver needs to ride with you for your safety.
- You should have an adult with you to help you at home after the procedure for at least 6 hours.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your procedure.

If you have questions or concerns about the prep for your test, please contact the healthcare provider who is doing your procedure. This is for informational purposes only.

For more information about having a colonoscopy at Ohio State, visit go.osu.edu/colonoscopy.

Medicine Changes Before Your Endoscopy Procedure

Some medicines need to be stopped a certain number of days before your procedure. Review these instructions as soon as you get them to see if you are taking any of these types of medicines. Common brand names are listed, but there may be other brand names not listed.

If you take a blood thinner (anticoagulant or antiplatelet) medicine:

Contact the doctor who ordered your medicine for instructions. Your doctor may tell you to stop taking this medicine a certain number of days before your procedure. Or your doctor may tell you to keep taking it. Make sure that you understand exactly what your doctor wants you to do.

- Ask the doctor who ordered this medicine if it is safe for you to stop taking it before this procedure.
- **If you have had a stent**, especially a stent in your heart or brain, **DO NOT STOP** taking your blood thinner medicine until you are instructed by the doctor who placed the stent.
- If your doctor has told you **NOT** to stop taking these medicines before this procedure, please contact the health care provider who is doing your procedure and ask to speak to a nurse.
- **Anticoagulant and antiplatelet medicines:** Below is a list of common blood thinner/stent medicines. If your blood thinner/stent medicine is not listed, contact the doctor who ordered your medicine for instructions:
 - apixaban (Eliquis)
 - clopidogrel (Plavix)
 - dabigatran (Pradaxa)
 - edoxaban (Savaysa)
 - enoxaparin (Lovenox)
 - fondaparinux (Arixtra)
 - heparin
 - rivaroxaban (Xarelto)
 - ticagrelor (Brilinta)
 - vorapaxar (Zontivity)
 - warfarin (Coumadin, Jantoven)

If you take any of these medicines for diabetes, weight loss, or another reason

- If you take insulin, ask the doctor who ordered the insulin how to adjust before for your procedure.
- Do not take oral (by mouth) diabetes medicines on the day of your procedure.



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- **If you take any of these oral medicines listed below**, stop taking it for the following number of days before your procedure:

Medicine	Number of days to stop taking before procedure
▸ ertugliflozin (Steglatro)	4 days
▸ bexagliflozin (Brenzavvy) ▸ canagliflozin (Invokana) ▸ dapagliflozin (Farxiga) ▸ empagliflozin (Jardiance) ▸ sotagliflozin (Inpefa)	3 days
▸ semaglutide (Rybelsus)	1 day

- **If you use one of these injection medicines**, stop taking it before your procedure as listed below:

Medicine	When to stop taking before procedure
▸ dulaglutide (Trulicity) ▸ exenatide (Bydureon BCise, Byetta) ▸ liraglutide (Saxenda, Victoza) ▸ semaglutide (Ozempic, Wegovy) ▸ tirzepatide (Mounjaro, Zepbound)	<ul style="list-style-type: none"> ▸ If you use the injection daily: do not use on day of procedure ▸ If you use the injection weekly: stop taking 1 week before the procedure ▸ If you use the injection weekly for weight loss only: stop taking for 2 weeks before the procedure

- **If you take phentermine (Adipex), phentermine/topiramate (Qysmia), or naltrexone/bupropion (Contrave)**, please contact your prescribing provider to taper off the medicine before your procedure. These medicines should be stopped slowly by taking smaller doses overtime as directed by your provider.

Other medicines

- If you take aspirin or NSAIDs, such as ibuprofen (Advil, Motrin, and Nuprin), naproxen (Aleve), or celecoxib (Celebrex) for pain, you **CAN** keep taking these medicines before this procedure.
 - You should continue all your other medicines with a sip of water unless you are instructed to make a change before this procedure.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.