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COLONOSCOPY SPLIT PREP INSTRUCTIONS

Appointments 12:00 p.m. and later

Any Questions regarding the prep please call (314) 543-5200 press option 1

Please arrive at the facility at your scheduled time of arrival. This is usually 1 hour before your scheduled procedure time. You may have a short wait after arrival and completion of your paperwork at the facility.

A good colonoscopy preparation will allow a thorough inspection of your entire colon and provide the best results. You should have clear to yellow liquid bowel movements after completion of your prep. If you feel your prep was inadequate or have any questions regarding these instructions, please call 314-543-5200 option 1

Items you will need (available over the counter at any pharmacy)

MiraLax or Glycolax, 1 bottle (238 grams)

-Dulcolax laxative, 2 tablets (not the stool softener)

-Magnesium Citrate, 10-ounce bottle

-64 ounces of a clear liquid of your choice (Gatorade, Powerade, Crystal Light, water, Propel, Vitamin Water, lemonade, tea, etc.)

5 days prior to your procedure:

Please avoid the consumption of seeds, nuts, corn, popcorn, raw fruits and raw vegetables for 5 days prior to your procedure.

On the day BEFORE your procedure

-NO SOLID FOOD Liquid Diet Only

-Drink clear liquids ONLY starting the day prior to your procedure (water, flavored water, apple juice, white grape juice, lemonade, Gatorade, chicken or beef broth or bouillon, tea, coffee **without** milk or creamer, clear juice **without** pulp, Jell-O, popsicles and other clear flavored drinks). Avoid purple or red colors. **No carbonated beverages.**

4:00 p.m., take 2 Dulcolax laxative tablets by mouth

Mix one bottle of MiraLax (238 grams) with 64 ounces of a non-carbonated clear liquid of your choice (Gatorade, Crystal Light, water, Propel, Powerade, Vitamin Water, Lemonade, Tea, etc) No red or purple coloring. Place in refrigerator to chill.

5:00 p.m., drink 10-ounces Magnesium Citrate

6:00 p.m., begin drinking **32 ounces** (half of the 64 ounces) of MiraLax/Clear Liquid mixture, 8 ounces every 15-20 minutes

-You may take as long as you need to drink the entire MiraLax/Clear Liquid solution.

Procedure day:

5 hours before your arrival time for your procedure – Drink the remaining 32 ounces of the MiraLax/Clear Liquid mixture, 8 ounces every 15-20 minutes. Must be completed within 2 hours.

-DO NOT have anything by mouth 2 hours prior to your arrival time, 3 hours procedure time. No gum, hard candy, tobacco, liquid of any kind. You may brush your teeth. **Failure to follow these instructions may result in your procedure being cancelled.**

You may take your heart, blood pressure, anxiety, and asthma/lung medications with just enough water to get the medication down (less than 3 ounces). Bring inhalers with you.

If you are diabetic, **NO INSULIN or ORAL diabetic medication** the morning of your procedure. If you wear an Insulin pump, please contact your endocrinologist for instructions regarding your dose.

NO DRIVING the day of your procedure due to sedation. You must have a responsible adult with you to drive you home. The use of a cab or ride sharing service such as Uber or Lyft is **not allowed** unless you have a family member or friend to accompany you. **Certified medical transport services are acceptable. Failure to have acceptable transportation for discharge will result in your procedure being cancelled.**

Please inform us as soon as possible of:

-any recent heart conditions or if you are scheduled for any upcoming heart tests or procedures

-recent or current illness

-have an implanted defibrillator

-on home oxygen

-on dialysis

Medications:

Do not take Iron or Vitamins plus Iron for **5 days prior** to your procedure.

Take your medications for **blood pressure, heart, anxiety and asthma/lung** the morning of your procedure with just enough water to get the medication down (less than 3 oz.) Bring your inhalers with you. If you are diabetic, **do not take oral diabetic medication or Insulin in the morning of your procedure**. Take half of your usual Insulin dose the day before the procedure. If you are taking an injection for weight loss, stop the injection(s) 2 weeks prior to the procedure. If there are any issues regarding the interruption of your medication, contact your prescribing physician.

Blood thinner medications:

Dabigatran (Pradaxa) -hold 2 days

Rivaroxaban (Xarelto) -hold 2 days

Apixaban (Eliquis) -hold 2 days

Edoxaban (Savaysa, Lixiana) -hold 2 days

Ticagrelor (Brilinta) -hold 3 days

Warfarin (Coumadin, Jantoven) -hold 3 days

Clopidogrel (Plavix) -hold 5 days

Prasugrel (Effient) -hold 5 days

Ticlopidine (Ticlid) -hold 5 days

Cilostazol (Pletal) -hold 5 days

Dipyridamole (Aggrenox) -hold 5 days

Aspirin 325 mg -hold 5 days prior to procedure

Aspirin 81 mg - hold day of procedure

*****Patients with mechanical artificial heart valves cannot stop their anticoagulant medications (blood thinners) without discussion with their cardiologist***

Other Medications:

STOP GLP-1 Medications: Hold for 7 days for diabetes; Hold for 7 days (scheduled at SCOPES or St. Clare Surgery Center), Scheduled at St. Lukes Hospital hold 14 days for weight loss

Ozempic (semaglutide), Wegovy (semaglutide) Mounjaro (liraglutide), Trulicity (dulaglutide), Bydureon (exenatide), Zepbound (tirzepatide)

GLP-1 Daily (hold on day of procedure)

Saxenda (liraglutide), Rybelsus (semaglutide) Byetta (exenatide), Adlyxin (lixisenatide)

GLP-1 Insulin Analogs (hold day of procedure)

Soliqua (insulin/lixisenatide), Xultophy (insulin/liraglutide)

Phase 2 Schedule – 5 hours before your scheduled procedure examples

Appt at 7:00 a.m. take second dose of MiraLax mix at 2:00 a.m. Finish within 3 hours of procedure.

Appt at 8:00 a.m. take second dose of MiraLax mix at 3:00 a.m. Finish within 3 hours of procedure.

Appt at 9:00 a.m. take second dose of MiraLax mix at 4:00 a.m. Finish within 3 hours of procedure.

Appt at 10:00 a.m. take second dose of MiraLax mix at 5:00 a.m. Finish within 3 hours of procedure.

Appt at 11:00 a.m. take second dose of MiraLax mix at 6:00 a.m. Finish within 3 hours of procedure.

Appt at 1:00 p.m. take second dose of MiraLax mix at 8:00 a.m. Finish within 3 hours of procedure.

Appt at 2:00 p.m. take second dose of MiraLax mix at 9:00 a.m. Finish within 3 hours of procedure.

Appt at 3:00 p.m. take second dose of MiraLax mix at 10:00 a.m. Finish within 3 hours of procedure.

Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy, and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically midnight, the night before the procedure.

If I weigh under 100 pounds, do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.