



Preparing for your Colonoscopy Procedure

Extended MiraLAX Two-Day Preparation

Please read all the instructions in this packet at least 1 week before your colonoscopy to properly prepare for your procedure and avoid rescheduling. Call the phone number below with any questions.

Physician's name:

Patient's name:

Procedure date and arrival time:

If the procedure is rescheduled, this date and time will no longer be accurate.

Procedure location:

Phone number:

There is more than one location for MGB colonoscopy procedures. If the above location changes you will be notified.

Thank you for choosing Mass General Brigham

Important information – read first

- **Transportation:**
 - A responsible adult (18 or older) **must take you home** after your procedure.
 - If you do not have a ride, your procedure may be cancelled.
 - **You cannot go home alone** by bus, taxi, Uber, Lyft, or other ride services.
- **How long will you be here:**
 - The procedure itself takes about **20-30 minutes**.
 - You will be at the facility for about **3 hours**.
 - We try to stay on schedule, but delays can happen.
 - Your ride should be available to pick you up within 30 minutes of being called.
- **Preparation question:**
 - If you **do not** have bowel movements every day, call the phone number on page at **least one week before your procedure**. They may need to change your preparation. The phone number is on page 1.
- **Insurance:**
 - Contact your insurance company if you have questions about coverage.
- **Cancellation:**
 - If you need to cancel or change your procedure, please call the practice as soon as possible using the phone number provided on page 1.

Medication Instructions

Talk with your primary care doctor or prescribing doctor before your procedure. Some medications may need to be changed.

Blood Thinners

- **Call the doctor who is doing your procedure if you have not been given instructions.** The phone number is on page 1. Be ready to share:
 - The name and phone number of the doctor who prescribes your blood thinner
 - The name of the medication
 - Why you take it
 - Examples: Coumadin, Brilinta, Effient, Eliquis, Plavix, Xarelto, or similar
- You may continue to take **aspirin** prior to your procedure.

Diabetes medications:

- **Insulin:** Ask your prescribing doctor for instructions.
- **SGLT-2 inhibitors:**
 - **Stop 3 days before:** Farxiga (dapagliflozin), Invokana (canagliflozin), Jardiance (empagliflozin)

- **Stop 4 days before:** Steglarto (ertugliflozin) or combination pill with Steglarto
- **Metformin:** Do not take the morning of your procedure.
- **Other diabetes medications:** Take ½ the dose the day before your procedure and do not take the morning of your procedure.

GLP-1 Medications (Weight Loss or Diabetes)

- **Keep taking as directed.**
- Examples: Mounjaro (tirzepatide), Ozempic (semaglutide), Trulicity (dulaglutide), Victoza (liraglutide), Wegovy (semaglutide), Zepbound (tirzepatide)
- You must follow a clear liquid diet for 24 hours before your procedure. If not followed, your procedure may be canceled.

Other Medications

- Stop **Phentermine** (Adipex, Suprenza) 4 days before your procedure.
- Stop **oral iron** 5 days before your procedure.

Bowel preparation shopping list:

What to buy (no prescription needed)	
MiraLAX laxative powder 1 small bottle (4.1 oz/ 119 g) 1 large bottle (8.3 oz/ 238 g) Both bottles are needed for the 2-day preparation Generic MiraLAX (polyethylene glycol) is OK	 
Dulcolax tablets (5 mg) Generic bisacodyl is OK Do NOT buy stool softener	 
Gas-X pills Generic simethicone is OK Any strength is OK	 

Three 32 oz bottles of Gatorade or electrolyte drinks

Total of 96 oz

No red or purple



Bowel preparation instructions:

3 DAYS BEFORE your procedure

- **Eat a low fiber diet**
- **High fiber foods to AVOID:** Beans, corn, nuts, oatmeal, peas, popcorn, quinoa, raw fruit, raw vegetables, salad, seeds, whole grain, or whole wheat bread.
- **Foods you can eat:** Bread and grains made with refined white flour (rolls, muffins, bagels, pasta), creamy nut butter, dairy products, eggs, fish, low fiber cereal (puffed rice, cream of wheat, corn flakes), lunch meat, poultry, tofu, well-cooked fruits and vegetables, white rice.
- **If you use marijuana**, please avoid 72 hours before your procedure.
- **We recommend not using alcohol or non-prescription drugs prior to your procedure.** If you arrive under the influence of alcohol or non-prescription drugs, your procedure may be rescheduled.

2 DAYS BEFORE your procedure

- **Prepare your bowel preparation**

Pour 32 oz of Gatorade and the entire 4.1-oz bottle of MiraLAX into a pitcher or other large container. Stir until the MiraLAX is fully dissolved. Refrigerate until you are ready to drink.



- **At 1 PM take 2 Dulcolax tablets (5 mg each) by mouth with at least 8 oz. of water.**
- **At 6 PM, start drinking your bowel preparation.**

- Drink 32 oz of the preparation (this is four 8-oz glasses).
- The goal is to drink 1 glass every 15 minutes and finish in 1 hour.
- If this is hard, you may slow down, but you must finish 32 oz within 2 hours.

1 DAY BEFORE your procedure

- **Do NOT eat any food** the day before your procedure. Drink a **CLEAR LIQUIDS DIET ONLY**. Clear liquids are items that are see-through and are liquid at room temperature. Avoid any red or purple liquids. You will drink the clear liquids along with your preparation to stay hydrated.

Clear liquid diet includes: Apple juice or white grape juice, electrolyte drinks like Gatorade or Powerade (no red or purple), fat-free clear broth, Jell-o, soda, tea, or coffee (without milk).

- **Prepare your bowel preparation**

Pour 64 oz of Gatorade and the entire 8.3-oz bottle of MiraLAX into a pitcher or other large container. Stir until the MiraLAX is fully dissolved. Refrigerate until you are ready to drink.



- **At 6 PM, start drinking your bowel preparation.**
 - Drink **32 oz** of the preparation (this is **four 8-oz glasses**).
 - The goal is to drink **1 glass every 15 minutes** and finish in **1 hour**.
 - If this is hard, you may slow down, but **you must finish 32 oz within 2 hours**.
 - The preparation will cause diarrhea.
 - **Save the remaining 32 oz in the refrigerator for later.**
- **Start drinking the second half of your bowel preparation 6 hours before your arrival time.**
 - Take **2 Simethicone anti-gas pills** (Gas-X or generic brand)
 - Try to **drink 1 glass (8-oz) every 15 minutes**.
 - **Most people finish drinking the rest of the preparation in 2 hours, but you may take up to 4 hours if needed.**

- **Important: You must finish drinking the prep (remaining 32 oz) at least 2 hours before your arrival time.**
- You may finish earlier than the time listed below, but **do not drink the preps after the “finish drinking by” time.**
- See the table below for guidance on when to start and finish your preparation.

<u>Your arrival time:</u>	<u>Start drinking second half of preparation:</u>	<u>Finish drinking preparation no later than:</u>
6AM	12AM	4AM
7AM	1AM	5AM
8AM	2AM	6AM
9AM	3AM	7AM
10AM	4AM	8AM
11AM	5AM	9AM
12PM	6AM	10AM
1PM	7AM	11AM
2PM	8AM	12PM
3PM	9AM	1PM

- **2 hours before your scheduled arrival time, please stop drinking any liquids.** Do not chew gum, eat candy, or cough drops. You may take your regular medications (unless instructed otherwise by a doctor/prescriber) with a small sip of water.

Tips for taking your preparation:

- If you start to feel sick to your stomach, wait 30 minutes and then start drinking smaller amounts of the bowel preparation.
- Refrigerate the preparation and drink through a straw.
- If you do not like the taste of the laxative, try chewing gum or sucking on hard candy between drinks.
- Your stool should be clear, yellowish liquid with dark particles.
- Use baby wipes or hemorrhoid cream if you get sore from moving your bowels.

The day of your procedure

What to bring to your procedure:

- Name and phone number of the person who will take you home.
- Photo identification.
- Do NOT bring jewelry.

Post colonoscopy instructions:

- Rest for the remainder of the day.

- Do not drink alcohol, drive, operate any machinery, or make important decisions.
- You can go back to eating and taking medications right away, unless otherwise told by your doctor.
- If you have a Patient Gateway account, you will see your procedure summary and results as soon as they are finalized. Your provider will prepare a letter to explain the results within 2-3 weeks after the procedure. If you do not have Patient Gateway a letter will be mailed to your home.

What is a colonoscopy?

A colonoscopy is a procedure that lets the doctor look inside your colon to check for any problems. They use it to look for colon cancer, find, and remove small growths called polyps to help prevent cancer, and figure out why you might have symptoms like blood in your stool or diarrhea.

Why is it important to take the colonoscopy preparation correctly?

Food and drinks can stay in your body for a while. If you still have food in your colon when you have your colonoscopy, it can block the doctor's view of the inside of your colon. If the doctor cannot see the inside clearly, they might miss problems like polyps or tumors.

The doctor gets the best pictures when your colon is totally empty. The doctor can tell right away if your colon is clean. If it is not, the doctor cannot finish the test. You will have to reschedule the colonoscopy and do the preparation again.

Different people may require different types of preparations to clean out their colon. Patients with constipation or who had a poorly prepped colonoscopy before may need longer or stronger preparations.