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COLONOSCOPY PREP INSTRUCTIONS

MiraLAX Split Dose Bowel Preparation

IMPORTANT – Please read these instructions at least 2 weeks before your colonoscopy. You are scheduled for:

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. in Sonoma, California.

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

Key Instructions:

You have been scheduled for a colonoscopy. 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:

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy.

- **Blood Thinners/Anti-coagulants:**
 - *Coumadin* (warfarin): This must be stopped prior to the procedure. **Please check with your prescribing doctor for instructions.**
 - *Plavix* (clopidogrel), *Ticlid* (ticlopidine hydrochloride), *Agrylin* (anagrelide), *Effient* (Prasugrel): Stop these medications at least 7 days in advance of your procedure. **Check with your prescribing doctor for confirmation it is safe to hold this medication for 1 week.**
 - *Xarelto* (Rivaroxaban), *Pradaxa* (Dabigatran), *Eliquis* (Apixaban), or other direct oral anticoagulants: Stop these meds at least 72 hours prior to your procedure. **Check with your prescribing doctor confirmation it is safe to hold this medication for 72 hours.**
- **Insulin & Diabetes medications:**
 - If you take *Metformin* or *Glucophage* (or another pill to lower your blood sugar) **DO NOT** take these medications on Prep day or Colonoscopy day.
 - *Regular Insulin*: do **not** take it on Colonoscopy day.
 - *Long acting insulin (NPH)*: Take ½ of the prescribed dose on the morning of procedure day.
 - *Lantus*, *Humalog*, or *70/30 Insulin*: **please contact your prescribing doctor for instructions.**
 - *Ozempic*, *Wegovy*, *Mounjaro*, *Rybelsus* or other GLP-1 medications: **please contact the office for instructions.**
- **Baby Aspirin, fish oil, omega-3's, iron, and other supplements:** Hold these for 7 days prior to the procedure.
- **Blood pressure & other essential medications:** Unless directed otherwise, please take these on both Prep day and Colonoscopy day (with a sip of water).

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 or Zinc oxide or A&D Ointment

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.**