

2-Day MiraLAX Prep Instructions

Please read these instructions carefully at least 2 weeks prior to your procedure

****Important: These instructions are time-sensitive****

- **Blood thinners** such as Coumadin (warfarin), Lovenox (enoxaparin), Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Plavix (clopidogrel), Brilinta (ticagrelor), Effient (prasugrel) may need to be held prior to your procedure. We will work with the provider who manages your blood thinner to create a plan for you. If you do not receive a plan 1 week prior to your procedure, please call the office.
- Do not stop **Aspirin** prior to your procedure unless instructed.
- **Diabetic Medications:** Contact your primary care doctor regarding the adjustment of your diabetic medications prior to your procedure.
- **SGLT-2 inhibitors** including Jardiance (empagliflozin), Farxiga (dapagliflozin), Invokana (canagliflozin), Brenzavvy (bexagliflozin) should be stopped **3 days** prior to your procedure. Any medications containing Ertrugliflozin (Steglatro, Segluromet, Steglujan) should be stopped **4 days** prior to your procedure.
- **GLP-1 Medications** (for weight loss or diabetes) should be stopped **7 days** prior to your procedure: These include Ozempic, Wegovy, Rybelsus (semaglutide), Mounjaro, Zepbound (tirzepatide), Trulicity (dapaglutide), Victoza, Saxenda (liraglutide).
- **Blood pressure, non-NSAID pain, anti-anxiety, and/or thyroid medications:** Please take your morning dose with a sip of water on the morning of your procedure **AT LEAST 4 HOURS** prior to your procedure.
- **Anti-inflammatory Medications (Advil, Motrin, Aleve, Ibuprofen):** Stop taking **5 days** prior to procedure
- **Birth control pills:** Take in the morning before you begin preparation as the colonoscopy prep may interfere with absorption of the pill. Resume your pill as usual after your procedure.
- **No alcohol, marijuana, tobacco, vaping products or other recreational drug use** on the day before or day of your procedure to avoid complications with anesthesia.
- Please contact the endoscopy unit if you have had any **recent infections, cardiac/lung problems, or other major change to your health** as any of these issues may require rescheduling of your procedure
- Please **do not wear perfumes or body lotions** on the day of your procedure.
- Arrange to have an **adult age 18+ drive you** to your test and be there to drive and/or accompany you home after you are done. Uber/Lyft/ Taxi are allowed **ONLY** if you have a responsible family member or friend (other than the driver) to accompany you.
- You should plan to spend at least **2 hours** at the facility.
- **Day of procedure you will need to bring the following:**
 1. Insurance card
 2. Photo ID
 3. List of current medications and dosages
 4. Someone you trust to accompany you home

Important Phone Numbers:

Brown Health Gastroenterology Offices: 401-606-4260

Brown Medicine Endoscopy Center: 401-649-4970

Rhode Island Hospital Endoscopy Unit: 401-444-5038

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7 Days Before Colonoscopy

- **Purchase** the following medications for your bowel prep:
 1. **Dulcolax (bisacodyl) 5 mg tablets** (total 20mg needed)
 2. **2x bottles of MiraLAX (polyethylene glycol) 238-g**
 3. **Gas-X/Mylicon (simethicone) 80 mg tablets or liquid**
 4. **Two (2) x 64 oz Gatorade, Vitamin Water, Pedialyte, or clear liquid of choice** (sugar-free for diabetics) – NO RED, BLUE, OR PURPLE LIQUIDS.
- If the preparation is too expensive, please call our office at 401-606-4260 to request an alternative.
- **Stop taking:** Fiber supplements, iron products (including multivitamins)
- **Avoid** high fiber foods (popcorn, beans, seeds, corn, multigrain bread, nuts). Limit salad/ vegetables and fresh/ dry fruit.
- **Eat these foods instead:** white rice, white bread, cooked fruits and vegetables, milk, cheese, chicken, beef, fish, white pasta, eggs, and tofu.

2 Days Before Colonoscopy

- You may have a **light breakfast** before 9:00 am (e.g. toast, eggs, yogurt without fruit, coffee/tea).
- After breakfast, start on a **clear liquid** (anything you can see through) diet. **DO NOT eat any solid food.** Clear liquids include: apple juice, white cranberry juice, clear broth, popsicles, Jello, ginger ale, coffee/tea WITHOUT milk or cream. **NO liquids that are red, blue, or purple (including popsicles)**
- **At 4:00 pm** – Take **4 Dulcolax** tablets (20mg total)
- **At 6:00 pm** – Mix 1 bottle of **MiraLAX 238g** in 64 ounces of Gatorade or clear liquid of choice.
 - Shake well until all the MiraLAX powder is dissolved
 - Drink 8 ounces of this mixture every 15-20 minutes until you have completed **64 ounces**.
- **IMPORTANT:** If you experience nausea, bloating, or cramping, pause or slow the rate of drinking clear fluids until symptoms calm down.

Day Before Colonoscopy

- Continue a **clear liquid diet** throughout the day. DO NOT eat any solid food.
- **At 6:00 pm** – Mix the 2nd bottle of **MiraLAX** in 64 ounces of Gatorade or clear liquid of choice.
 - Shake well until all the MiraLAX powder is dissolved
 - Drink 8 ounces of this mixture every 15-20 minutes until you have completed **32 ounces**.

Day of Colonoscopy

- **Drink the second 32 ounces of the MiraLAX mixture 6 hours before your procedure time.**
 - Drink 8 ounces every 15-20 minutes until you have completed the 32 ounces
 - Finish **4 hours** prior to your procedure time
- **Take 4 Simethicone tablets** immediately after finishing the MiraLAX mixture
- You may continue to drink small amounts of clear liquids **up until 4 hours before your procedure time**
- You may take your regular medications (unless otherwise instructed) with a small sip of water at least 4 hours before your procedure time.
- **Stop all oral intake 4 hours before your procedure:** this includes liquids, meds, chewing gum, mints, hard candy.

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