

Colonoscopy Bowel Preparation Instructions

TDDCTX.com 512-341-0900

MiraLAX[®]

Two Day Prep

Procedure Date: _____ Physician Name: _____

The facility where your procedure is scheduled will contact you and provide you with the arrival and procedure time.

IMPORTANT If the bowel is not clean when you arrive at the procedure unit, rather than giving you an incomplete and poor examination, your procedure may need to be rescheduled. If there are any significant changes to your medical history since scheduling your procedure, please notify the office prior to your procedure date.



DISCUSS MEDICATIONS and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:

- If you are diabetic, your medications may need to be adjusted. Please see the diabetic reference sheet page.
- You may need to temporarily discontinue blood thinners prior to your procedure. Please hold the following if directed:
 - HOLD** Eliquis, Xarelto **2 DAYS** before your procedure.
 - HOLD** Plavix, Coumadin (Warfarin), Effient **5 DAYS** before your procedure.
- If you experience any symptoms of cold, flu, or other upper respiratory infections prior to your procedure, please report this immediately to the office or endoscopy center before starting your preparation.
- Hold GLP-1 medication for 7 days prior to procedure. Examples: Ozempic, Semaglutide, Wegovy, Trulicity, Dulaglutide, Bydureon, Exenatide, Mounjaro, Trizepatide, Zepbound, Tanzeum, Albiglutide, Eperzan
- Hold Phentermine for 5 days prior to your procedure.



LOCATION Your colonoscopy will likely take place at one of the facilities listed below. **Please ensure that you arrive at the correct facility at the time provided. The facility will contact you directly with your scheduled arrival time.**

ENDOSCOPY CENTER

- Hill Country Ambulatory Surgery Center**
1411 Medical Parkway Suite 100 (1st floor) Cedar Park, TX 78613
(512) 528-2000

OTHER LOCATIONS

- Ascension Seton – Cedar Park**
1401 Medical Parkway, Cedar Park, TX 78613 (512) 497-5663
- St. David’s Georgetown Hospital**
2000 Scenic Dr., Georgetown, TX 78626 (day surgery admissions) (512) 943-3000
- Advent Health Rollings Brook Hospital**
608 N Key Ave, Lampasas, TX 76550 (512)556-3682
- N. Austin Surgery Center**
1220 Renfert Way Suite 120, Austin, TX 78758 (512)832-9088
- Surgeon’s Point**
801 E Whitestone Blvd Suite 100, Cedar Park, TX 78613 (512) 530-8400



ARRANGE for transportation. You must have an adult accompany you on the day of your procedure. The medical procedure staff must be able to contact whoever will accompany you. **If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.**

- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- An Uber/Lyft or Cab is not an acceptable form of transportation unless you have someone accompany you.

**Please read all the instructions prior to
the day of starting your bowel
preparation.**



PURCHASE items ahead of time (no prescription required).

- One bottle of MiraLAX, 119 grams/4.1 oz. (polyethylene glycol 3350)
- One bottle of MiraLAX 238 grams/8.3 oz. (polyethylene glycol 3350)
- One bottle of Magnesium Citrate 10 oz.
- 84oz. of Gatorade *No Red, Purple or Blue* (Three 28 oz Gatorade bottles = 84oz.)
- Dulcolax 5mg tablets (4 tablets)



3 DAYS PRIOR to your procedure, **AVOID nuts, seeds, raw/dried vegetables or fruit (no salads)** as they may interfere with the quality of your bowel prep.



2 DAYS PRIOR to your procedure, have a light lunch and then **NO solid food after 1pm.**

After 1 pm, only a **CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (*apple, white grape, white cranberry, lemonade, etc.*)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (*chicken, beef, vegetable, or bone broth*)
- Popsicles or gelatin (*such as Jell-O*)
- Coffee or tea (*without milk or cream*)
- Clear protein drinks (*Ensure Clear® and/or Premier Protein Clear®*)
 - **2 days prior to procedure at 5 pm:**
 - Prepare the 2-day prior solution. Mix the entire 4.1 oz. bottle of MiraLAX with one of the 28 oz bottles of Gatorade and refrigerate.



- **2 days prior to procedure at 6 pm:**
 - Drink 8 oz of the solution and continue drinking an 8 oz glass of solution every 15 minutes until the prep solution is finished. Plan to be near the bathroom.



STAY HYDRATED with at least 8 tall glasses (about 8 oz. each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.



1 DAY PRIOR to your procedure, continue with the clear liquid diet and preparation.

• **At 5 PM:**

- Prepare solution. Mix the entire 10 oz. of Magnesium Citrate, 8.3 oz. bottle of MiraLAX with 56 oz of Gatorade and refrigerate.



1st HALF OF BOWEL PREPARATION

• **The night before your procedure at 6pm**

- Take 2 of the Dulcolax 5mg tablets. Drink 8 oz of the solution and continue drinking an 8 oz glass of solution every 15 minutes until 1/2 of the prep solution is finished. Refrigerate the remaining prep solution. Plan to be near the bathroom.



TIME: 6:00pm

2ND HALF OF BOWEL PREPARATION

• **6 hours before your scheduled procedure time**

- Take the remaining 2 Dulcolax 5mg tablets. Drink the remaining 8 oz of prep solution every 15 minutes until the 2nd half of the solution is finished. The prep and clear liquids must be stopped 4 hours before your procedure.



TIME:

WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near the bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period can help alleviate these symptoms.
- For a sore bottom, use plain or aloe baby wipes, Desitin or A&D ointment.
- Drinking the prep at a colder temperature may help minimize any unpleasant taste of the prep. Do not add ice to the prep, place it in refrigerator to keep cold
- If you experience nausea or vomiting while drinking your prep, take a 15–30-minute break and then continue. If you still have vomiting and are unable to tolerate a dose of the bowel prep, please notify your provider’s office for further instructions.
- A successful colon prep will cause you to have clear yellow liquid stools.
- Please complete your bowel preparation regardless of your stool color. If, two hours before your procedure, your stool color is between 1–3, (see below) please contact the location where your procedure is scheduled for further instructions.



4 HOURS BEFORE your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND BOWEL PREP.**

This means that you should not have anything to eat or drink 4 hours before your colonoscopy.

- No use of gum, hard candy or mints within 4 hours of your procedure.
- No smoking tobacco, marijuana, or use of e-cigarettes on the day of your procedure.

IMPORTANT Failure to comply with these instructions may cause cancellation or delay of your procedure because it increases the risk of potentially life-threatening complications.

DIABETIC PREP INSTRUCTIONS

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.

- **If you have an insulin pump, please contact your endocrinologist for instructions for the day of your prep.**
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of your procedure.
- Check your blood glucose if at any time you have symptoms of **low blood sugar** (hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness) or very **high blood sugar** (dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, increased appetite).
- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.

Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks.

Food items WITH carbohydrates	Grams of carbohydrates
Apple juice (4 oz)	15
White grape juice (4 oz)	20
Sports drinks (8 oz)	14
Jello, regular/sweetened (1/2 cup)	15
Popsicles	15
Italian ice-not sherbet	30
Sugar (1 tsp or packet)	4

Food items **WITHOUT** carbohydrates

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee – no cream or sugar
- Tea, unsweetened or diet
- Seltzer, flavored water

PREP DAY - the day before your procedure (you will be on a clear liquid diet)

If you take:	Morning	Lunch/Dinner/Bedtime
Jardiance, Invokana, Farxiga, Xigduo, Januvia	Do not take	Do not take
Oral medications (pills) other than above or Byetta	Take your usual dose	Do not take
Humalog, Novolog, Apidra or Regular Insulin (short acting)	Take 1/2 half the usual dose	Do not take
75/25 or 70/30 Insulin	Take 1/2 half the usual dose	Do not take
Tresiba, Trulicity, Ozempic, Mounjaro or Toujeo	Do not take	Do not take
Lantus, Levemir or NPH insulin (long acting)	Take your usual dose	Do not take

DAY OF PROCEDURE

If you take:	Morning	Lunch/Dinner/Bedtime
Jardiance, Invokana, Farxiga, Xigduo, Januvia	Do not take	Resume usual dose after procedure and eating normally
Oral medications (pills) other than above or Byetta	Do not take	Resume usual dose after procedure and eating normally
Humalog, Novolog, Apidra or Regular Insulin (short acting)	Do not take	Resume usual dose after procedure and eating normally
75/25 or 70/30 Insulin	Do not take	Resume usual dose after procedure and eating normally
Tresiba, Trulicity, Ozempic, Mounjaro or Toujeo	Do not take	Resume usual dose after procedure and eating normally
Lantus, Levemir or NPH insulin (long acting)	Do not take	Resume usual dose after procedure and eating normally