Your appointment is scheduled with

Dr. _____.

On _____.

Please arrive at _____.

COLONOSCOPY PREP
Miralax

*Please call and inform office of any changes to medical conditions or recent procedures/ hospitalizations

1 Week Before The Exam

If taking weight loss medication or injectables (GLP-1's)

****Must be held for 1 week prior to test****

Examples: Dulaglutide (Trulicity), Exenatide extended release (Bydureon), Exenatide (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Rybelsus, Wegovy), Tirzepatide (Mounjaro, Zepbound), Jardiance (Empagliflozin), Tanzeum (Albiglutide), Efpeglenatide

3 Days Before The Exam

- If you haven't already done so, pick up your clear liquids, and two 32 oz bottles of Gatorade (no red colors) and one bottle of Miralax powder (238 g) over the counter.
- Arrange to have a responsible adult over the age of 18 or a **Medical Transport** company drive you home after your procedure. Your procedure will be canceled if you do not have one arranged.
- Stop any iron supplements, iron, vitamin E and NSAIDs (Ibuprofen, Advil, Aleve, Celebrex, Motrin, Meloxicam, Naproxen).
- Stop your blood thinners as directed: (Aggrenox, Brilinta, Coumadin, Dabigatran, Effient, Eliquis, Endoxaban, Jantoven, Plavix, Pradaxa, Savaysa, Xarelto):
- Do NOT stop aspirin unless otherwise told
- You may continue taking all other medication as prescribed

1 Day Before The Exam

STARTING WHEN YOU WAKE UP

- **DO NOT EAT ANY SOLID FOOD THIS ENTIRE DAY. ONLY DRINK CLEAR LIQUIDS THIS DAY**

- Clear liquids are: water, clear broth or bouillon, coffee or tea (without milk or creamer), apple juice, white grape juice, white cranberry juice, sport drinks, clear carbonated beverages, Kool-Aid, Jell-O, popsicles.
- No RED or PURPLE liquids, no dairy, no pulp.
- Be sure to drink plenty of fluids in additional to your prep to stay hydrated and ensure a good clean out of your system.

To have a successful colonoscopy your colon must be clear of any stool.

Bowel PREP Instructions

- Pour the whole bottle of Miralax into a large pitcher.
- Pour two 32 oz Gatorades into Miralax pitcher and mix.
- Refrigerate mix as the prep may taste better colder.
- At 12 pm take the laxative pill attached.
- At 4 pm start drinking the Gatorade mix- about one glass (8 oz) every 30 minutes until all is gone.

- (Diabetics: Do NOT take your evening sugar pill. Long acting insulin- take half dose this evening Check your blood sugars as needed)

The Day Of The Exam

- Continue **ONLY** clear liquids today until **4 HOURS** before your appointment time.
- You may take all of your morning prescription medicines with sips of water.
- Please bring your puffer/inhalers with you.
- (Diabetics: Check your blood sugar this AM. Do NOT take your sugar pills this morning. Keep checking your blood sugars as needed).

4 hours before your appointment time STOP drinking all liquids
Time to Stop: _____

- Things to bring with you: Someone to drive you home, photo ID and insurance card, list of your medications. Please leave all valuables at home.
- Please plan to be here about 2 hours

Parking is located on the North Medical Center side of 5112 West Taft Road Building- Digestive Disease Center of Central New York. Come to **ENTRANCE D**. (315) 410-7400

For questions, please send a portal message, call (315) 452-3235, or visit our web page www.gandhofcny.com for frequently asked questions.