

### Two weeks before your colonoscopy:

You will need to purchase

- (1) 238gm bottle of MiraLAX® (polyethylene glycol),
- (4) Dulcolax® (5mg bisacodyl) Laxative Tablets (**NOT** Dulcolax Stool Softener)
- (2) 32oz bottles of Gatorade®, **not red or purple in color.**



### Five days before your colonoscopy:

Start a low residue diet (Recommendations below)  
 Stop iron, including vitamins that contain iron.  
 Arrange a ride home with a friend or family member.  
 Have plenty of clear liquids available at home  
 (Clear liquid diet below)  
 If you wish, buy soft toilet paper, moist wipes or  
 external ointment, such as calmoseptine.

### One day before your colonoscopy:

**In the morning** mix the whole MiraLAX® bottle and your (2) Gatorade® bottles into a pitcher until dissolved and place in the refrigerator.

Drink only clear liquids all day. Drink an additional 8oz of clear liquid every hour while awake (See clear liquid diet below). Do not eat solid foods or milk products.

At **5:00pm** take (4) Dulcolax® laxative tablets with water.

At **6:00pm** begin drinking the Gatorade®/MiraLAX® solution. Drink 8oz every 15 minutes until the solution is finished.

Continue to drink clear liquids until you go to bed. Stay close to a bathroom. Cleaning your colon causes diarrhea.

You may continue to drink clear liquids for up to 2 hours before your colonoscopy is scheduled.

## Frequently Asked Questions:



**Why Is It Important To Get Cleaned Inside?** Your doctor must be able to see in order to complete the colonoscopy exam. If your colon is “dirty” on the inside, your doctor may not be able to see important things like polyps or cancer. This may cause your colonoscopy to be cancelled

**Did My Prep Work?** The bowel movement coming out should look clear without many particles. You know you are done when the bowel movement coming out is yellow, light, liquid, and clear, like urine.

**What are the effects of the “bowel prep?”** You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. Many people have bloating, abdominal discomfort, and/or nausea. Some people do not like the taste or smell of the medicine. Please do not let this get in the way of taking the medicine as directed.

Rarely, some people throw up while taking the prep. If you throw up, stop taking the prep for 30-60 minutes. Then try taking the prep again. If you are unable to finish the bowel prep, your colon may not be clean enough for your exam.

**What should I wear?** Loose fitting comfortable clothing is best. Minimize make-up as anesthesia will be applying an oxygen mask. Leave all jewelry and valuables at home.

**Can I drive myself home after my colonoscopy?** No. For your comfort, you will receive sedation during your procedure. You will need to have a responsible adult take you home. He or she must be with you when you register and must remain near the facility until you are discharged.

**How long will the procedure take?** The exam itself takes about 30 minutes. However, time is required to prepare you for the colonoscopy; this is why we ask you to arrive before your scheduled appointment time. You will also require time to recover after your exam. Expect to spend about 2-3 hours at the center.

**My prep hasn't started working yet. What do I do?** Different people respond differently to the bowel prep. If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluid.

If you feel that your prep has not worked adequately, call the office or tell the nurses when you arrive for your colonoscopy. Your examination may need to be rescheduled.

## LOW RESIDUE DIET

Follow this diet FIVE DAYS before your Colonoscopy  
You will return to your regular diet after the procedure

### FOODS TO EAT

#### BREADS/GRAINS

- Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles.
- Enriched white or light rye bread or rolls. Saltines, Melba toast.
- Refined ready-to-eat cereals such as puffed rice and puffed wheat Cooked refined wheat, corn, or rice cereal.
- Strained oatmeal, grits and farina.
- Refined cold cereals made from rice, corn or oats (Rice Krispies, Cornflakes, Cheerios).
- White rice, refined pasta, macaroni, noodles

#### VEGETABLES:

- Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin).

#### FRUITS:

- Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas
- Strained fruit juice

#### MILK/DAIRY:

- Milk, mild cheese, cottage cheese Yogurt (no berries).
- Ice Cream (no fruit or nuts).
- \*limit milk/milk products to 2 cups per day

### FOODS TO AVOID

#### BREADS/GRAINS

- Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers
- Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit Bran, barley, brown and wild rice.

#### VEGETABLES:

- Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas.

#### FRUITS:

- Raw or dried fruit, all berries, prune juice.

#### MILK/DAIRY:

- Yogurt containing fruit skins or seeds.

## LOW RESIDUE DIET (Continued)

Follow this diet FIVE DAYS before your Colonoscopy. You will return to your regular diet after the procedure.

### FOODS TO EAT

#### MEAT:

- Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats, eggs.
- Smooth peanut butter.

#### FAT/SNACKS:

- Margarine, butter, vegetable oils, mayo, cream substitutes.
- Crisp bacon.
- Plain gravies, and salad dressings
- Chocolate
- Broth, strained cream soups (no corn) made with allowed ingredients

#### MISC:

- Salt, soy sauce, ketchup.
- Mild spices in moderation, white sauce.
- Sugar, honey, jelly, syrup.
- Lemon juice, vinegar, vanilla and other flavoring extracts Coffee, tea, carbonated beverages and fruit drink (without pulp).

### FOODS TO AVOID

#### MEAT:

- Tough fibrous meats with gristle, shellfish with tough connective tissue.
- Meats prepared with whole-grain ingredients, seeds, or nuts.
- Dry beans, legumes, peas and lentils.
- Chunky peanut butter.
- Raw clams and oysters.

#### FAT/SNACKS:

- Any made with whole-grain flour, bran, nuts, seeds, coconut, or dried fruit.
- Nuts, and popcorn.
- Raisins, seeds, seed spices, pickles, olives, Spicy mustards, and relish
- Highly spiced salad dressings.
- Jam or marmalade with nuts and seeds.

#### MISC:

Beverages and gelatins that are red or purple in color up to 24hrs. prior to procedure.



## CLEAR LIQUID DIET

Follow this diet ONE DAY before your Colonoscopy  
You will return to your regular diet after the procedure

### Drink/Eat

- Water (plain, carbonated, or flavored)
- Fruit juices without pulp, such as apple or white grape juice
- Fruit-flavored beverages, such as fruit punch or lemonade
- Carbonated drinks, including dark sodas (cola and root beer are ok)
- Gelatin (Jell-O – not red, green, or purple)
- Tea or coffee without milk or cream
- Sports drinks
- Clear, fat-free broth (bouillon or consommé)
- Honey or sugar
- Ice pops without ANY milk, bits of fruit, seeds or nuts

### Do Not Drink/Eat

- **Anything red or purple.** These liquids can look like blood in the colon.
- Milk
- Artificial creamers
- Fruit or vegetable smoothies
- Alcohol



**FOR A SUCCESSFUL AND SAFE PROCEDURE IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS:****ANTICOAGULANTS/ANTIPLATELETS**

- **STOP** all aspirin seven (7) days prior to the procedure. You may restart these medications the day after your procedure unless your doctor tells you differently. If you are taking Coumadin, Eliquis, Plavix, Xarelto, or any other blood thinner, we will give you specific instructions when to stop and start.

**DIABETIC MEDICATIONS**

- **Metformin (Glucophage): STOP** Metformin two (2) days prior to the procedure. Restart the day after the procedure.
- **Insulin:** Take ½ the usual dose of insulin the morning of your procedure. Do **NOT** take pills for diabetes on the morning of your procedure.
- **GLP-1 Agonists: STOP** GLP-1 Agonists seven (7) days prior to procedure. You can restart the day after the procedure. These medications include:
  - Semaglutide (Ozempic, Wegovy, Rybelsus)
  - Tirzapeptide (Mounjaro, Zepbound)
  - Dulaglutide (Trulicity)
  - Liraglutide (Victoza)
- **SGLT2 Inhibitors: STOP** according to the list below and restart the day after the procedure:
  - **STOP 3 Days Before:** Bexagliflozin (Brenzavvy), Canagliflozin (Invokana), Canagliflozin + Metformin (Vokanamet), Dapagliflozin (Forxiga, Edistride), Dapagliflozin + Metformin (Ebymect/Xigduo), Dapagliflozin + Saxagliptin (Qtern), Empagliflozin (Jardiance), Empagliflozin + Metformin (Synjardy), Empagliflozin + Metformin (Glyxambi), Empagliflozin + Linagliptin + Metformin (Trijardy XR), Sotagliflozin (Inpefa)
  - **STOP 4 Days Before:** Etugliflozin (Steglatro), Etugliflozin + Metformin (Segluromet), Etugliflozin + Sitagliptin (Steglujan)