

COLONOSCOPY INSTRUCTIONS MIRALAX PREP- DR. LEVIN, DR. MANZANILLO-DEVORE, DR. COX

Location: Fairfield Medical Center, North Entrance Registration (ED Side)
401 N. Ewing St. Lancaster, OH 43130

ARRIVAL TIME: You will be contacted the day before your procedure by Fairfield Medical Center for your arrival time. You should receive a call before 8:00pm.

You **MUST** have a driver. If you do not have a driver to and from your procedure, your procedure will be cancelled. Your procedure requires sedation, and you will be unable to drive.

MEDICATIONS:

If you take **Iron (Ferrous Sulfate/Fumarate)** products or **Multi-vitamins with Iron** you will need to **STOP** these medications **5 (five) days prior to your procedure.**

If you are on a blood thinner, you may need to stop this medication prior to your procedure. Our office staff will reach out to your cardiologist for confirmation and contact you with the date to stop this medication. If you have not heard from our office regarding your blood thinner, at least a week before your procedure, please contact our office at 740-687-9182.

You will **NOT** need to stop taking **Aspirin.**

Please note that procedures involve multiple departments and staff to ensure a seamless experience for you. Multiple missed appointments will result in the inability to reschedule your procedure and possible dismissal from the office.

Prep Instructions

IF YOU ARE ON ANY OF THE FOLLOWING MEDICATIONS, PLEASE FOLLOW THE GUIDELINES BELOW ON HOLDING THESE MEDICATIONS

Brand Name	Generic Name	Days to Stop Before Procedure
Trulicity	Dulaglutide	7 Days
Byduren BCise	Exenatide ER	7 Days
Ozempic/Wegovy	Semaglutide	7 Days
Mounjaro	Tirzepatide	7 Days
Byetta	Exenatide	1 Day
Victoza/Saxenda	Liraglutide	1 Day
Adlyxin	Lixisenatide	1 Day
Rybelsus	Semaglutide	1 Day

7 DAYS PRIOR TO PROCEDURE-DO NOT CONSUME ANY SEEDS, NUTS OR TRAIL MIX

You will need to purchase the following items prior to your procedure.

4 (Four) Dulcolax (Bisacodyl) 5 mg Oral Tablets

2 (Two) 238 gram Bottles of MiraLAX

128 ounces of Gatorade, Powerade (NO RED, BLUE OR PURPLE), or Propel Brand Water

****IF YOU ARE A DIABETIC ONLY CONSUME SUGAR FREE LIQUIDS****



You will mix 2 (two) prep mixtures. You will consume 1 (one) the evening before your procedure and 1 (one) the day of your procedure.

DAY BEFORE YOUR PROCEDURE

DO NOT EAT ANY SOLIDS FOODS FOR THE ENTIRE DAY BEFORE YOUR PROCEDURE. ALL ORAL INTAKE MUST BE A CLEAR LIQUID. DO NOT DRINK ANY LIQUID THAT IS RED, BLUE OR PURPLE IN COLOR, DAIRY PRODUCTS, OR ALCOHOL.

****IF YOU ARE DIABETIC-ONLY CONSUME SUGAR FREE LIQUIDS****

Examples of allowed liquids:

Coffee without cream, tea, broth, apple or white grape juice, Sprite, 7-Up, Mountain Dew, Jello (no Red, Blue or Purple), popsicles (No Red, Blue or Purple), water.

What Not To Drink or Eat

Any Solid Foods, Milk or dairy products including yogurt, applesauce, popsicles with fruit pieces, alcohol, Metamucil

If you are unsure if you should eat something, it is best to not eat or drink it.

Medications:

*Take your allowed medications with a clear liquid the morning of the day before your procedure.

*If you are a Diabetic, only take ***half*** of your normal dose.

At 4:00pm 1. Take all 4 (four) of the Dulcolax tablets.

2. Prepare your laxative prep. In a large glass, mix 1 bottle of MiraLAX with 64 ounces of Gatorade/Powerade or Propel Water. Do this twice, making 2 mixes. Place both mixtures in the fridge to chill. You will consume 1 later in the day and the second the day of your procedure.

***Remember to use Sugar Free Gatorade/Powerade if you are a diabetic. ***

At 6:00pm 1. Begin drinking your first laxative mix. You will need to drink 8 ounces every 15 minutes until the entire mixture is gone.

2. You will need to remain on clear liquids until midnight. You will need to have nothing by mouth after midnight until you take your second mixture the day of your procedure.

DAY OF PROCEDURE

Medications:

*Take your allowed medications with a small sip of water.

DO NOT TAKE ANY DIABETIC MEDICATION THE DAY OF YOUR PROCEDURE

You may resume all medications after the procedure.

5 (five) hours prior to your arrival time:

1. Drink the second laxative mixture. You will need to drink 8 ounces every 15 minutes until gone.

Remember your procedure time is provided by Fairfield Medical Center. Subtract 5 hours from your arrival time. This is the time you need to start the second mixture.

When your bowel movements produce a light-yellow urine like appearance you have successfully completed your bowel preparation.

If you have any questions regarding your preparation or procedure, please contact our office at 740-687-9182.

****Note: If you have access to My FMC Portal you may see your pathology report prior to the provider reviewing the report. The office will notify you of your results by phone or mail. Your patience and cooperation are appreciated.**