

# Colonoscopy Preparation Instructions

## MiraLAX®

No shows or cancellations with less than 72 hours' notice will result in a \$100 cancellation fee. This charge is not covered by insurance and will be an out-of-pocket expense.

**IMPORTANT** Good bowel preparation to clear the colon of stool often begins 7 days before your scheduled colonoscopy procedure. Preparing for a colonoscopy involves taking a laxative medication to clear your bowel of stool so your doctor can see your colon and look for any abnormalities. If your colon is not clear, your doctor may be unable to see abnormalities and the procedure may need to be repeated or cancelled and rescheduled. By the end of your bowel preparation your stool should be liquid and clear or yellow in color.

### Today – Plan ahead

- ☐ Review medications that will need to be stopped or adjusted for your procedure. You will receive a call from a nurse at the facility where your procedure is being performed with additional medication instructions.
- ☐ Arrange for a responsible adult (18+ years of age) to remain at the facility during your procedure and drive you home. You will be drowsy from sedation making it unsafe for you to drive. Sedation can impair your reaction time, judgement, and alertness increasing the likelihood of accidents on the road and risk of harm to yourself and others. You may arrange for a taxi, ride share (Lyft®, Uber®, etc.), or medical transport only if another responsible adult is riding with you after your visit. Your procedure will be canceled if responsible transportation cannot be arranged.

### 7 Days Before

- ☐ Purchase items required for bowel preparation.
- ☐ **STOP** eating the following foods: nuts, seeds, and corn.
- ☐ **STOP** taking oral iron supplements, fiber, probiotics and over-the-counter vitamins.
- ☐ Review medications that will need to be temporarily **stopped or adjusted**. These include:
  - **Blood thinners** (such as Coumadin®, Eliquis®, Xarelto®, Pradaxa®, Effient®, Brilinta®)
  - **GLP-1 medications** (such as Ozempic®, Wegovy®, and Mounjaro®).

### Items to Purchase

- ☐ MiraLAX® (Polyethylene Glycol Powder) 8.3 oz (238g) bottle (over-the-counter)
- ☐ Prescription anti-nausea medication (if prescribed)
- ☐ Dulcolax® (Bisacodyl) 5 mg
- ☐ Gas-X® (Simethicone) 125 mg, or generic equivalent
- ☐ At least four (4) 28-ounce sports drink (Gatorade® or Powerade®) – no red
- ☐ Supplies for a clear liquid diet
- ☐ Optional items:
  - Desitin®
  - Personal cleansing wipes

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- If you are on medication(s) to manage **diabetes**, your medication(s) may need to be adjusted.

### Examples of approved clear liquids

(No red dye)

- ✓ Water
- ✓ Sports drinks (Gatorade®, Powerade®)
- ✓ Black coffee or tea
- ✓ Soft drinks
- ✓ Clear broth (vegetable, beef, chicken)
- ✓ Gelatin (Jell-O®)
- ✓ Popsicles, Italian ice, sorbet
- ✓ Clear juice (apple, white grape, white cranberry)

## 2 Days Before

- ☐ STOP eating the following foods: raw fruits and vegetables
- ☐ Drink one (1) 28-ounce sports drink (Gatorade® or Powerade®) today for the electrolytes.
- ☐ DO NOT consume alcohol today (this can cause severe dehydration and ill symptoms during bowel prep).

## 1 Day Before

- |                  |  |
|------------------|--|
| <b>MORNING</b>   | <input type="checkbox"/> <b><u>DO NOT eat any solid food today.</u></b> You may have clear liquids all day and night. <b>AVOID red colored liquids, dairy (milk, creamer), juice with pulp, liquids you cannot see through.</b>        |
|                  | <input type="checkbox"/> DO NOT consume alcohol (this can cause severe dehydration and ill symptoms during bowel prep).  |
|                  | <input type="checkbox"/> DO NOT use marijuana/THC products today. These products interact with anesthesia and prevents you from signing consent. Your procedure will be cancelled.   |
|                  | <input type="checkbox"/> If prescribed, take anti-nausea medication as directed for best results.  |
|                  | <input type="checkbox"/> Prepare your prep by mixing the entire bottle of MiraLAX® (Polyethylene Glycol Powder) with at least 64-ounces of a sports drink or approved clear liquid. Dissolve completely and place in the refrigerator. |
| <b>4:00 P.M.</b> | <input type="checkbox"/> Take two (2) Dulcolax (Bisacodyl) 5 mg tablets.   |
|                  | <input type="checkbox"/> Drink one (1) 8-ounce glass of your prep solution every 30 minutes until HALF of the prep solution is gone. <b>This step must be completed by 6:00 PM.</b>  |
| <b>6:30 P.M.</b> | <input type="checkbox"/> Drink one (1) 8-ounce glass of your prep solution every 30 minutes until the prep solution is gone. <b>This step must be completed by 8:30 PM.</b>  |
| <b>9:00 P.M.</b> | <input type="checkbox"/> Take two (2) more Dulcolax (Bisacodyl) 5 mg tablets.  |

**Continue to hydrate with clear liquids to prevent dehydration.**

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### The Day Of

MORNING	<input type="checkbox"/> DO NOT consume alcohol or use marijuana/THC products today. These products interact with anesthesia and prevents you from signing consent. Your procedure will be cancelled.
	<input type="checkbox"/> If you take a diuretic/water pill, DO NOT take it this morning.
4 hours before arrival time	<input type="checkbox"/> Take one (1) Gas-X® (Simethicone) tablet with a SMALL sip of water.
	<input type="checkbox"/> <u>DO NOT take anything else by mouth. This includes food, water, drinks, gum, candy, lozenges, smoking, and vaping.</u>
What to bring with you	<input type="checkbox"/> Bring the following with you to your procedure location: <ul style="list-style-type: none"><li>○ Responsible adult (18+ years of age) to accompany you and drive you home.</li><li>○ A list of all medications you are taking, including over the counter medications and supplements.</li><li>○ Your insurance card.</li><li>○ A photo ID.</li></ul>

**By the end of your bowel preparation your stool should be liquid and clear or yellow in color.**

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For questions contact us at 513 853 3636 or visit <https://www.trihealth.com/institutes-and-services/gastroenterology/patient-information> On weekends and after 4 PM on weekdays, call our afterhours number at 513 853 9250.

### Endoscopy Locations

#### **Anderson Surgery Center**

7810 Five Mile Road  
Building C  
Cincinnati, OH 45230  
513 977 9700

#### **Bethesda Butler Hospital**

3145 Hamilton Mason Road  
Hamilton, OH 45011  
513 894 8888

#### **Bethesda North Hospital**

10500 Montgomery Road  
Cincinnati, OH 45242  
513 865 1111

#### **Good Samaritan Endoscopy Center North**

10600 Montgomery Road  
Suite 101  
Cincinnati, OH 45242  
513 794 5680

#### **Good Samaritan Hospital**

375 Dixmyth Avenue  
Cincinnati, OH 45220  
513 862 1400

#### **Good Samaritan Surgery Center West**

3660 Edgewood Drive  
Monfort Heights, OH 45211  
513 591 6219

#### **McCullough-Hyde Memorial Hospital**

110 N. Poplar Street  
Oxford, OH 45056  
513 523 2111