



Intercoastal Gastroenterology Group

Preparation for Colonoscopy (Using Miralax and Dulcolax Prep)

If you start any weight loss or diabetes medications such as semaglutide (Ozempic, Wegovy, etc.), tirzepatide (Mounjaro, Zepbound) or similar – please inform us as you may need to hold these prior to the procedure.

- Purchase a bottle of Miralax OTC (238 grams)
- Purchase a small bottle of Dulcolax tablets

Place: _____
Date _____
Time _____
Arrival _____
This is subject to change.

The **Surgery Center** will contact you the day prior with a confirmed arrival time.

5 Days prior to procedure - Please **STOP** Advil, Motrin and Anti-inflammatory drugs, fiber supplements, iron, fish oil, vitamin E, and multivitamins. **Tylenol** is allowed. Also avoid all nuts, seeds in or on foods including popcorn, corn, granola mix, grape nuts, grapes, and raisins.

Hydration is part of your prep! Drink 6 oz. of clear liquids every hour throughout the day before you start your prep.

IF YOU ARE TAKING BLOOD THINNERS OR WEIGHT LOSS MEDICATION PLEASE NOTIFY THE GASTROENTEROLOGIST OR NURSE FOR SPECIFIC INSTRUCTIONS. _____

The Day prior to procedure you may have a light breakfast before 9 am. **Then a clear liquid diet ONLY.**

Clear liquids include coffee/tea with or without sweetener. (No MILK or MILK products or CREAMERS) You may have water and flavored-waters such as; Gatorade, Kool-Aid, soda, Jell-O, and popsicles. (Without red or purple coloring) Apple juice, white grape juice, white cranberry juice, iced tea, orange juice and lemonade (Without the pulp) Chicken, beef, or vegetable broth/bouillon. **No Alcohol.**

Diabetic medications can be taken in the morning only. If you take insulin, monitor blood sugars and sliding scale; take only half dose of scheduled insulin in the evening. Call your PCP or Endocrinologist if questions regarding your insulin.

At 1:00 pm

Take 2 Dulcolax tablets with 8oz of juice or water.

At 4:00 pm

Take 2 capfuls of Miralax, mix into an 8oz glass of water or Gatorade and drink. Do this 7 times - 20 minutes apart.

You will begin to experience diarrhea within 1-2 hours after starting the prep. If you feel very distended or nauseated, stop for 30-45 minutes, walk around and then start again. If you experience severe pain or vomit more than once call the office for further instructions. Once your bowels start moving the nausea should diminish.

Continue to drink plenty of water and clear liquids through the rest of the evening.

Morning of procedure Take all **blood pressure** and/or **cardiac medications** that you may normally take in the morning with a sip of water. (Excluding diuretics) Seizure meds and anxiety meds may also be taken.

YOU MAY NOT DRIVE YOURSELF HOME or **TAKE A TAXI** from procedure. Please make arrangements with a family member or friend. If you have any questions concerning prep or procedure, or need to reschedule, please call 941-342-8892. _____