



Date of Colonoscopy: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Proc. Time: \_\_\_\_\_

### **Medications:**

- **Blood Thinner:** If you are currently on a **blood thinner**, an endoscopy nurse will call to give you instructions on the medication.
- **Iron:** Do not take any medication containing iron in the five days before your procedure.
- **Weight Loss Medication:** Stop taking any of the following **weight loss** (GLP-1 agonists) medications 10 days prior to your procedure. **Do not stop the following medications if they are taken to treat diabetes.**

Dulaglutide  
(Trulicity)

Exanetide  
(Bydureon, Byetta)

Liraglutide  
(Saxenda, Victoza)

Lixisenatide  
(Adlyxin)

Semaglutide  
(Ozempic, Rybelsus, Wegovy)

Tirzepatide  
(Mounjaro)

- **SGLT2 Medications:** Please stop taking 4 days before your procedure no matter what the reason is for taking this medication.  
**Jardiance ( Empagliflozin) Farxiga (Dapagliflozin) Invokana (Canagliflozin)**

### **Procedure Location:**

Anderson Hospital, 6800 IL-162 Maryville, IL 62062.

The Endoscopy Department is located within Outpatient Surgery at Anderson Hospital. The Outpatient Surgery department is located at the back of Anderson Hospital under the green pavilion.

### **If You Need To Contact Us:**

Leave a message with your name, physician, date of procedure, and a brief reason for your call at the appropriate number below and we will return your call as soon as possible.

To cancel the day before or day of your procedure: 618-391-5751 (6:00am-3:30pm)

To cancel or reschedule : 618-391-5109 (9:00am-4:00pm)

Endoscopy/Colonoscopy Nurse: 618-391-6648 (8:00am-4:00 pm)

After hours physician line: 618-463-2400 (5:00pm-8:00am, weekends, and holidays)

## Colonoscopy Prep Instructions (Miralax)

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy, your colon must be clear of all stool. Not following the prep instructions may result in your procedure being cancelled.

### 1-2 Weeks Before Your Procedure:

- An endoscopy nurse will call you before your procedure to review your medical history, medication list, and procedure instructions. If it is a week or less before your appointment and you have not received a pre-op call, please contact us at 618-391-6648.
- Arrange transportation to and from your appointment as you will be unable to drive after your procedure. If you arrange an Uber, taxicab, med car, or any other mode of public transportation, you must be accompanied by a friend or family member over the age of 16.
- **Purchase the following prep medications over-the-counter at your pharmacy and Zofran tablets prescription at your pharmacy:**
  - **64-ounces of Gatorade, Powerade, Crystal Light** or other non-carbonated clear liquid that is not red or purple in color. Diet and sugar free versions are acceptable.
  - **Zofran- 2 tablets from your pharmacy. Prescription Order has been placed.**
  - **Dulcolax (bisocodyl) 5 mg laxative tablets** (not suppository or stool softener). You will need **4 tablets** for the prep.
  - **One 8.3-ounce bottle of Miralax powder (238g).**

**• Three days before your prep please refrain from eating raw vegetables, fruit, nuts or food containing seeds. Eat a low residue diet to ensure you are cleaned out for your procedure.**

### The Day Before Your Procedure:

|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Before 9:00 am</b>   | You may eat <u>one</u> of the following options; no exceptions: <ul style="list-style-type: none"><li>• 2 cups of low fiber cereal such as Rice Krispies, corn flakes, or frosted flakes with 8-ounces of milk.</li><li>• 3 slices of white bread/toast with 2 tablespoons of butter or butter substitute along with 10-ounces of yogurt (without fruit pieces).</li></ul>                                                                              |
| <b>9:00 am-11:59 pm</b> | <b><u>Clear liquid diet only.</u></b> No solid foods or milk products after 9:00 am. Aim to drink eight 8-ounce glasses of clear liquids during the day before you start your prep in order to stay well hydrated.<br><b>A clear liquid diet includes:</b> <ul style="list-style-type: none"><li>• Water, tea, coffee (No cream. Sugar &amp; sugar substitutes allowed), Jello, popsicles, lemonade, white grape juice, apple juice, chicken,</li></ul> |

|                                   |                                                                                                                                                                                                                                                                                      |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:00 am -1159 pm continued</b> | <p>beef, bone, or vegetable broth, Crystal Light drink mixes, bouillon cubes, soda, Kool-Aid, Gatorade, Powerade, Propel, or similar electrolyte drinks. Sugar-free versions are acceptable.</p> <ul style="list-style-type: none"> <li>● Avoid anything red or purple.</li> </ul>   |
| <b>3:00 pm</b>                    | <ol style="list-style-type: none"> <li>1. Take <b>4 laxative Bisacodyl tablets</b> with 8-ounces of clear liquid.</li> <li>2. Mix 64-ounces clear liquid with <b>8.3-ounces (238 grams) of Miralax powder</b> and set aside or place in the refrigerator. Do not add ice.</li> </ol> |
| <b>9:30 pm</b>                    | Take one tablet of Zofran 30 minutes before you start your first half of your <b>Miralax/clear liquid solution</b> . This helps with nausea and vomiting that may occur while drinking the prep solution.                                                                            |
| <b>10:00 pm</b>                   | Drink half of the <b>Miralax/clear liquid solution</b> -32 ounces. Begin drinking 8-ounces of <b>Miralax/clear liquid solution</b> every 15 minutes until the mixture is gone. You will drink a total of four - 8-ounce glasses of solution.                                         |
| <b>4:30 am</b>                    | Take one tablet of Zofran 30 minutes before you start your second half of your <b>Miralax/clear liquid solution</b> . This helps with nausea and vomiting that may occur while drinking the prep solution.                                                                           |
| <b>5:00 am</b>                    | Drink the other half of the <b>Miralax /clear liquid solution</b> - 32 ounces until gone. Drink 8-ounces of <b>Miralax/clear liquid solution</b> every 15 minutes until mixture is gone. You will drink a total of four 8 ounce glasses of solution until it is all gone.            |
| <b>6 am - Time of Procedure</b>   | Do not eat or drink anything after midnight until your procedure is completed. This includes gum, mints, chewing tobacco, and cough drops. The only exception is a sip of water with your approved morning medications.                                                              |

### **Tips for a Successful Prep and Procedure**

- Try to drink extra water a day or two before you start your prep. This will keep you well hydrated while completing the prep and will prevent dehydration symptoms such as light headedness and dizziness.
- **It is important that you take the Miralax/Clear liquid solution at the instructed times to ensure your colon is cleaned out at the time of your scheduled procedure. Adjusting the prep times earlier in the day or evening results in a suboptimal prep where polyps can be missed during your procedure.**
- Stay near a toilet. You will have diarrhea which can be quite sudden. This is normal.

- Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution until completed.
- It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours and occasionally significantly longer).
- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and may be treated with a variety of over the counter remedies, including hydrocortisone creams, baby wipes, or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.
- If you feel you are not cleaned out from the prep please call the doctor or the nurse listed above.
- You may shave, shower, brush your teeth, and wear makeup and deodorant the day of your procedure. We ask that you do not wear lotion.
- Remove and leave any jewelry at home, if able.
- Because of the sedation, you cannot drive yourself home. We advise all patients not to drive, work, drink alcohol, operate heavy machinery, or make any important decisions the day of their procedure.

06/22/26