

Colonoscopy 2-Day Prep Instructions

MiraLAX/Dulcolax/Magnesium Citrate/Simethicone

Please read through entire packet upon receivingYou should **ARRIVE** at _____.

Your procedure is scheduled on _____ with _____.

Please arrive at: Southern NH Health, 8 Prospect Street, Nashua, NH 03060 - 2nd Floor, Endoscopy**BOWEL PREP INSTRUCTIONS**

The two days before your colonoscopy are your "Prep Days." **Drink plenty of CLEAR LIQUIDS these days. Do not eat any solid food on your Prep Day Number Two -OR- Procedure Day.**

Examples of CLEAR LIQUIDS (NO RED OR PURPLE): Water, Gatorade, Propel, Vitamin Water, Pedialyte, Crystal Light, apple juice, white grape juice, pear juice, flavored water, soda, tea or black coffee without any milk or cream, broth (chicken, beef, or vegetable), popsicles, Jell-O, Italian ice.

You should stay very hydrated all day, drinking at least one 8-ounce glass of water each hour.

Prep Day Number One (Two days prior to your Colonoscopy)**Breakfast:** Eggs and white toast, coffee (with cream and sugar), tea.**Lunch:** Grilled chicken, soup, or cold cut sandwich.**Clear liquids for the rest of the day. NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**

- ☐ **At 5:00 pm:** Drink ONE bottle of Magnesium Citrate. If you feel crampy or nauseous, take a break for 15 minutes.
- ☐ **At 6:00 pm:** Once you finish the Magnesium Citrate, take Simethicone, one tablet (125mg).

Prep Day Number Two Timeline (Day before colonoscopy)**CLEAR LIQUIDS ONLY ALL DAY & NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE**

- ☐ **At 3:00 pm:** Take 3 **Dulcolax** tablets with at least 8 ounces of water
- ☐ **At 5:00 pm:** Mix the **MiraLAX** (238-gram bottle) in 64 ounces of the clear liquid of your choosing. Begin drinking this mixture, one 8-ounce glass every 15 minutes. It will take you 2-3 hours to finish the mixture. *If you feel crampy or nauseous, take a break for 30 minutes.*
- ☐ **At 8:00 pm:** Once you finish the MiraLAX mixture, take only one **Gas-X** tablet (125mg).
- ☐ **Between 10pm and Midnight:** Drink the **Magnesium Citrate**, 10 oz bottle. Do not mix it with any other liquid. You can pour it over ice, drink it cold from the refrigerator or drink it at room temperature.
 - ☐ Once you finish the Magnesium Citrate, take remaining two **Gas-X** tablets (125mg each).

COLONOSCOPY BOWEL PREP MATERIALS TO BUY

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| <ul style="list-style-type: none">• MiraLAX (generic name: polyethylene glycol):<ul style="list-style-type: none">○ 238 grams (about 8.3 oz)• Magnesium Citrate:<ul style="list-style-type: none">○ Two 10oz bottles• Dulcolax Laxative (generic name: bisacodyl):<ul style="list-style-type: none">○ 5 mg - you will need 3 tablets | <ul style="list-style-type: none">• Gas-X (generic name: Simethicone)<ul style="list-style-type: none">○ 125 mg each - 4 tablets• Clear liquid of your choosing: Water, Gatorade, Propel, Vitamin Water, Crystal Light, or other non-carbonated clear liquid. (No RED or PURPLE)<ul style="list-style-type: none">○ One 64-ounce bottle |
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ABSOLUTELY NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE.***If you eat or drink anything within 4 hours of your scheduled procedure, your procedure will be canceled.***

TWO WEEKS BEFORE YOUR PROCEDURE

- Diabetes: Please contact your managing or prescribing provider for medication instructions
- Prescription blood thinner/antiplatelet medication (such as Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Pradaxa, Effient, or an equivalent): a nurse will contact your prescribing provider for instructions on holding this medication.

ONE WEEK BEFORE YOUR PROCEDURE



- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- Stop any fiber supplements such as Metamucil, Benefiber or Citrucel.
- GLP-1 medication (Ozempic, Wegovy, Trulicity, Victoza, Mounjaro, Zepbound, Rybelsus, or an equivalent): Please hold these medications.

FIVE DAYS BEFORE YOUR PROCEDURE

- Stop taking all NSAIDs (Ibuprofen, Advil, Aleve, Indocin, Voltaren, Mobic, Celebrex).
- You can continue taking Aspirin 81 mg.
 - Aspirin 325 mg: ask prescribing provider about dropping down to 81mg for 5 days before procedure
- Begin a Low Residue, Low Fiber diet (see below for examples)



Please be sure to avoid:

- ⊗ Nuts & seeds
- ⊗ Beans
- ⊗ Popcorn
- ⊗ Raisins or other dried fruit
- ⊗ High fiber cereals or oatmeal
- ⊗ Raw fruits/vegetables with peels & seeds

Please note:

- The purpose of the colonoscopy prep is to clean your colon to better locate any abnormalities.
- Please allow 2 ½ --3 hours at the facility, however, **please have your ride available all day**
- If you are having a colonoscopy and an upper endoscopy, these instructions are inclusive of the EGD Prep.
- If you have tested positive for Covid within 30 days of your procedure, please call:
 - Foundation Endoscopy Scheduling for Dr Flannery, Dr Himmelstein or Dr Catania at 603-577-3322, option 3
 - Foundation Gastroenterology for Dr Witta, Dr Kaczanowski, or Dr Le at 603-577-5355, option 1
- You cannot drive the remainder of the day after your procedure due to the potential side effects of the sedative given.

We cannot perform your procedure without a responsible adult who can pick you up at the Endoscopy Department after your procedure and bring you home. You cannot use a taxi, Uber, bus, or any public transportation unless you are with a responsible adult.

- We require one week's notice for all procedure cancellations. To cancel or reschedule your procedure please call:
 - Foundation Endoscopy Scheduling for Dr Flannery, Dr Himmelstein or Dr Catania at 603-577-3322, option 3
 - Foundation Gastroenterology for Dr Witta, Dr Kaczanowski, or Dr Le at 603-577-5355, option 1

For insurance coverage questions please contact your insurance company.

Advice From Foundation Physicians on What to Expect During the Colonoscopy Prep**Before Starting Prep:**

Understand the Instructions: Carefully read the prep instructions and make sure you fully understand.

Stay Hydrated: Drink plenty of clear fluids in the days leading up to the procedure.

During Prep:

Follow Instructions: Stick to the prep instructions provided and do not skip or modify any steps.

Sip, Don't Chug: Sip the prep solution slowly over the recommended time rather than chugging it all at once. This can help reduce nausea.

Use a Straw: If the taste of the prep solution bothers you, try using a straw.

Stay Cool: Chill the prep solution before drinking it. Many find it more palatable when cold.

Dealing with Nausea or Vomiting:

Take Breaks: If you feel nauseous while drinking, take short breaks before resuming.

Change Position: Sit or lie down in a comfortable position while drinking the prep solution. Changing positions can help alleviate nausea.

Ginger: Ginger is known for its anti-nausea properties. Try drinking ginger tea or sucking on ginger candies to ease nausea.

Clear Liquids: If you vomit after drinking the prep solution, wait about 30 minutes and then try drinking small sips of clear liquids like water, clear broth, or electrolyte drinks.

If you still cannot tolerate the prep, don't despair. Please call the endoscopy nurses at (603)577-2490 between the hours of 6:30 AM – 5:00 PM. We will reschedule your procedure and make plans to try an alternative prep. Our team will be happy to help make all the necessary arrangements.