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## COLON SURGERY MIRALAX PREP INSTRUCTIONS

**Location: Legacy Silverton Hospital**

Procedure Date: \_\_\_\_\_ Check in Time: \_\_\_\_\_

### Important Reminders

- **Medication: STOP** taking fish oil, vitamin E, aspirin, ibuprofen or any other NSAIDs, and any other blood thinners **7 days prior** to the procedure, unless otherwise directed by your physician. Take your other usual medications during the prep unless stated otherwise by your physician. If you need pain medication, Tylenol is safe to use prior to this procedure as needed. If you are diabetic, you will need to take ½ your usual diabetic medication doses the day of your prep. Avoid taking medications directly before or after drinking your prep. **(Medications are very IMPORTANT. Do not disregard.)**
- If you take Ozempic, Trulicity, Mounjaro or Jardice you will need to stop 1 week prior to your
- If you are taking Dextroamphetamine–Amphetamine & Multivitamins need to be held **3 days prior** to surgery.

### You will Need:

- Dulcolax (Bisacodyl) 5mg tablets (4 tablets total)
- Gas X or Simethicone (2 tablets)
- 8.3oz bottle MIRALAX prep (over the counter)
- Neomycin and Metronidazole antibiotic - Pick up at the pharmacy.

### ONE DAY BEFORE COLONOSCOPY:

#### START AT 12:00 PM

Take all 4 Dulcolax (Bisacodyl). This should cause a few bowel movements, but the effects usually do not happen immediately. Be sure you have access to a restroom for the rest of the day.

#### 1:00 PM

Take 1<sup>st</sup> dose of Neomycin (2), and Metronidazole (1) *total of 3 pills*

#### 2:00 PM

Take the 2<sup>nd</sup> dose of Neomycin (2), and Metronidazole (1) *total of 3 pills*

**4:00 PM** Start drinking the solution of MiraLax mixed with 64 ounces of clear liquid. Drink an 8-ounce glass every 10 minutes. It will take about 2 hours to drink the entire 64 ounces of the bowel prep mixture.

- Continue drinking clear liquids even after you finish your bowel prep mixture.
- If you experience bloating, cramping, nausea or vomiting, take a 15–30-minute break and then restart drinking the bowel prep mixture.
- This bowel prep may cause you to go to the bathroom in the middle of the night.

#### 11:00 PM

Take 3<sup>rd</sup> dose of Neomycin (2), and Metronidazole (1) *total of 3 pills*

### IMPORTANT REMINDER: NOTHING BY MOUTH AFTER MIDNIGHT.

- The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. If you do not follow the recommended prep instructions your procedure will be canceled.
- THE DAY BEFORE YOUR PROCEDURE: You will be on a **CLEAR LIQUID** diet this **ENTIRE DAY**. (Examples: water, apple or white grape juice, chicken or beef bouillon, Jell-O, Gatorade, clear soft drinks, or green tea.)
- No black coffee, tea or any red or purple dyed drinks. No dairy products or solid foods. Please plan accordingly.

### Day of Procedure:

- No food or drink (including water) prior to your procedure.
- Blood Pressure and Heart Medications: Please take blood pressure and heart medications with a sip of water if you have been instructed.
- If you take Lisinopril, please hold your usual dose until after the procedure.
- I.V. sedation or anesthesia will be given for this procedure. Therefore, you must be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, go home in a taxi, or by bus. If this is not followed, your procedure will be canceled.