



**Weill Cornell
Medicine**

Getting Ready for your Colonoscopy: Extended Miralax Mag Citrate SPLIT

Physicians Name: _____

Procedure Date: _____

The time of your colonoscopy will be given to you 48 hours before your colonoscopy appointment.

Your Colonoscopy Location:

- | | | |
|---|--|--|
| ☐ David H Koch Building
Endoscopy Center
1283 York Avenue, 8 th Floor
New York, NY 10065 | ☐ New York Presbyterian Hospital
Central Endoscopy Suite
525 East 68 th Street, 2 nd Floor
Greenberg Pavilion
New York, NY 10065 | ☐ Lower Manhattan Hospital
Endoscopy Suite
170 William Street,
2 nd Floor
New York, NY 10028 |
|---|--|--|

CANCELLATIONS

Scheduling your colonoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the "Getting Ready for Your Colonoscopy" guide and schedule.

If you must reschedule or cancel, please call us at least 3 days before your colonoscopy at 646-962-4000 or email us at endoscopyquestions@med.cornell.edu.

Why Proper Colon Cleaning is Needed Before Your Colonoscopy

Food and liquids can stay in your body for a long time. If food is in your colon during your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

The doctor will get the best pictures of your colon when it is completely empty.

Following these instructions will help ensure that your colon is empty when you come for your procedure.

If your colon is not completely empty, the doctor will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

How To Contact Us

- If you have questions about your colonoscopy or preparation, call 646-962-4000 Monday-Friday (excluding holidays) 9:00 a.m. – 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, an on-call doctor will return your call. If not urgent, they will call you back the next day.
- If you need to reschedule your colonoscopy for any reason, please call 646-962-4000.
- If you need medical help urgently, call **911** or go to the nearest **Emergency Room**.

GETTING READY FOR YOUR COLONOSCOPY

As soon as your colonoscopy is scheduled:

- Obtain Cardiac Clearance, if applicable (see page 3)
- Review Important Medicine Information to know which medications you may need to stop (see page 4)
- Buy the products you need to clean your colon (see page 5)

7-days before your colonoscopy (see page 4):

- Stop iron supplements and weekly GLP-1 agonists
- Take MiraLAX every day

3-days before your colonoscopy (see page 4 and 6):

- Stop taking SGLT2 inhibitors
- Start a low residue diet

1-day before your colonoscopy (see page 6 and 7):

- Clear liquids all day - You must avoid all food, instead only drink a **clear liquid diet**

12:00 PM:

- Take two (2) Dulcolax laxative tablets

5:00 PM:

- Drink one glass of the Miralax/Gatorade mixture every 15 minutes until you finish HALF ($\frac{1}{2}$) of the mixture

Day of your colonoscopy (see page 7):

5 hours before your arrival

- Take one 250 mg or two 125 mg Gas-X pill(s)
- Drink one glass of the Miralax/Gatorade mixture, every 15 minutes until you finish the entire mixture
- It is important to drink the remaining prep 5 hours before your exam as this allows your doctor to detect polyps
- Drink the entire 10-ounce bottle of magnesium citrate along with 8 ounces of water (mixed together or drink separately)

3 hours before your arrival:

- Do not drink or eat anything, including water, any remaining preparation, mints, candies, or gum

Arrival Time (example)	START drinking your remaining prep at:	Finish drinking entire prep by:
6 am	1 am	3 am
7 am	2 am	4 am
8 am	3 am	5 am
9 am	4 am	6 am
10 am	5 am	7 am
11 am	6 am	8 am
12 pm	7 am	9 am
1 pm	8 am	10 am
2 pm	9 am	11 am



A. IMPORTANT CARDIAC CLEARANCE INFORMATION

If you have a cardiac defibrillator (AICD) or a permanent pacemaker (PPM) or any current cardiac problems we need a letter from your cardiologist at least **1 week before your colonoscopy**.

Cardiac problems include any history of heart attack, chest pain, difficulty breathing or fainting episodes.

If you have:

Permanent Pacemaker (PPM)	We need an interrogation report within 12 months
Cardiac Defibrillator (AICD)	We need an interrogation report within 6 months



B. IMPORTANT MEDICINE INFORMATION

BLOOD THINNERS (ANTI-PLATELET MEDICINES)

If you take blood thinners, **ask your doctor who prescribed these for you if you should stop taking them before your colonoscopy.**

If your doctor does not want you to stop taking your blood thinners before your colonoscopy, please call our office.

Commonly prescribed medications:

apixaban (Eliquis)	heparin
cilostazol (Pletal)	prasugrel (Effient)
clopidogrel (Plavix)	rivaroxaban (Xarelto)
dabigatran (Pradaxa)	ticagrelor (Brilinta)
dalteparin (Fragmin)	tinzaparin (Innohep)
edoxaban (Savaysa)	warfarin (Coumadin)
enoxaparin (Lovenox)	

DO NOT STOP YOUR ASPIRIN UNLESS YOUR DOCTOR TELLS YOU TO DO SO

DIABETIC OR WEIGHT LOSS MEDICATIONS

If you take:	Do this:
Insulin or oral hypoglycemic pills	Check with your doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your colonoscopy.
SGLT2 inhibitors - Canagliflozin (Invokana or Invokamet), Dapagliflozin (Farxiga, Xigduo XR, or Qtern), Empagliflozin (Jardiance or Synjardy, Glyxambi, or Trijardy XR), Ertugliflozin (Steglatro, Segluromet, or Steglujan) or Sotagliflozin (Inpefa), or Bexagliflozin (Brensavvy)	Stop taking this medicine three (3) days before your colonoscopy.
Daily GLP-1 receptor agonist - Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	Stop taking this medicine on the same day as your colonoscopy. You will need to take Miralax for one (1) week prior to your colonoscopy (see below). Clear liquid diet the day before your colonoscopy.
Weekly GLP-1 receptor agonist - Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro or Zepbound)	Stop taking this medicine one (1) week before your colonoscopy. You will need to take Miralax for one (1) week prior to your colonoscopy (see below). Clear liquid diet the day before your colonoscopy.

BLOOD PRESSURE MEDICINE

Blood pressure medicines, with the exception of diuretics (water pills), **should be taken as usual** on the day of the colonoscopy with a sip of water. **Diuretics should not be taken on the morning of the colonoscopy.**

IRON SUPPLEMENTS

Stop taking oral iron supplements **Seven (7) Days Before Your Exam.** You can take these again after your colonoscopy.

C. WHAT TO BUY TO CLEAN YOUR COLON FOR YOUR COLONOSCOPY

NAME	QUANTITY	WHERE TO BUY	
MiraLAX or generic polyethylene glycol 3350	2 bottles (238 g)	Pharmacy (over the counter, no prescription needed)	
Dulcolax (bisacodyl) Laxative or Generic bisacodyl (not the stool softener type)	2 over-the-counter laxative pills	Pharmacy (over the counter, no prescription needed)	
Gas-X or generic simethicone pills	Two 125mg tablets or One 250 mg tablet	Pharmacy (over the counter, no prescription needed)	
Magnesium Citrate	One 10-ounce bottle	Available in certain pharmacies (over the counter, no prescription needed)	
Gatorade (if you are diabetic , use a clear diet beverage or diet Gatorade)	Two 32-ounce bottles	Grocery Store or Pharmacy	

D. EATING BEFORE YOUR COLONOSCOPY

Three (3) Days Before Your Exam

- Eat a low residue diet (see below)

The Day Before Your Exam:

- Clear liquids all day - You must avoid all food, instead only drink a **clear liquid diet (see below)**

What is a **low residue diet**?

- Chicken, fish, beef, pork, tofu, eggs, white rice, white bread, plain bagel, white pastas or noodles, cooked potatoes without the skin, bananas, avocado, vanilla ice cream, plain yogurt, cheese, and butter
- Avoid nuts, seeds, corn, beans, quinoa, and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy

What is a **clear liquid diet**?

- Water, black coffee or tea, clear broth or bouillon (no noodles or solids in the broth), Sports drinks, ginger ale, soda, clear juices (apple or white grape juice), plain Jello-O, frozen juice popsicle.
- Do not drink any red or purple liquids. Do not drink any alcohol, juice pulp, milk, cream, soy or non-dairy creamer, or other liquids you cannot see through unless on the list above



E. COLONOSCOPY PREPARATION INSTRUCTIONS

ONE WEEK BEFORE EXAM

- Mix 1 capful (17 grams) of MiraLAX in an 8-ounce beverage and drink it once a day, every day, before your colonoscopy

ONE DAY BEFORE EXAM AT 12 PM:

- Take two (2) Dulcolax laxative tablets with 8-ounce of water or other clear liquid

ONE DAY BEFORE EXAM AT 5 PM:

- Mix 1 bottle (238 g) of MiraLAX and 2 bottles of Gatorade (32 ounces each) in a big pitcher
- Drink an 8-ounce glass of the Gatorade/MiraLAX mixture every 15 minutes until you finish HALF (½) of the mixture – Refrigerate the remainder

This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep

Because of the frequent stools, irritation of the anal area may occur. To minimize this discomfort, use soft toilet paper and you may apply petroleum jelly to the area as soon as the diarrhea begins

Continue drinking even if you have diarrhea. You may have nausea. If you do, take a 60-minute break and then restart drinking

5 HOURS BEFORE YOUR EXAM:

- Take one 250 mg or two 125 mg Gas-X (or generic brand simethicone) pill(s)
- Drink 8 ounces of the second half of the Gatorade/Miralax mixture every 15 minutes until you finish the entire mixture. You must finish drinking the mixture within 2 hours
- Drink the entire 10-ounce bottle of magnesium citrate along with 8 ounces of water (mixed together or drink separately). You must finish drinking the mixture within 2 hours

It is important that you **finish the entire prep** to make sure the colon is cleansed. If you feel nauseous, stop until the feeling is resolved, then continue the prep

3 HOURS BEFORE YOUR EXAM:

- STOP** taking any remaining preparation
- Do not drink or eat anything, including water.** This includes mints, candies, or gum
- If you drink or eat anything, your colonoscopy will have to be cancelled**

You may take your regular medications, unless instructed otherwise by a doctor, with a small sip of water.



F. WHAT TO EXPECT – DAY OF COLONOSCOPY

A colonoscopy is a medical procedure in which your doctor examines your colon and parts of your small intestine using a special camera attached to a flexible tube passed through your anus. During your colonoscopy your doctor will look at the walls of your colon to see if there are any problems that require treatment.

BEFORE YOUR COLONOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your colon. If polyps are found, your doctor will remove them and send them to the lab. Usually, the colonoscopy is painless.

IMPORTANT! Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure.

The procedure will not begin until this plan has been made. If you are unable to confirm, your appointment will be cancelled.

We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, please let us know and we can provide you with information on service agencies that will accompany you (at cost).

AFTER YOUR COLONOSCOPY IN THE RECOVERY ROOM

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your colonoscopy results with you. Your nurse will explain your discharge instructions before you go home.

Your escort will then take you home.



AT HOME

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy.

Please do not drink alcoholic beverages for 24 hours after your colonoscopy. Avoid carbonated beverages, raw fruits, and salads for your first meal after your colonoscopy. You may resume your normal diet and activities the next day.

CALL YOUR DOCTORS OFFICE IF YOU HAVE:

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum that lasts more than 24 hours
- Weakness, faintness, or nausea/vomiting