

Getting Ready for Your Colonoscopy

SEVEN DAYS BEFORE YOUR COLONOSCOPY

- **Call your pharmacy** to make sure there is a prescription for your preparation. You will need to get this prescription at least seven days before your scheduled procedure.
- **Arrange a ride.** You must have a responsible adult drive you home or be responsible for you on public transportation. You cannot leave the hospital without being in the care of a responsible adult. Your procedure will be cancelled if you do not have an adult to escort you home. This person does not have to stay at the hospital while you have your procedure, but must be within 15 minutes of the hospital. Your estimated time of stay is two hours from registration to discharge.
- **You will need:**
 - Four (4) Dulcolax laxative or generic bisacodyl laxative tablets
 - One (1) 238 gram bottle of Miralax or generic polyethylene glycol
 - Sixty Four (64) ounces of Gatorade that are not red or purple
- **Stop eating foods with seeds and nuts for the seven days prior to your procedure.** This includes foods that have seeds or nuts on them: bagels, cucumbers, tomatoes, bread, popcorn.



Medication	Recommendation
Aspirin	Continue to take
Blood Thinners: Warfarin (Coumadin), Dabigatran (Pradaza), Heparin, Edoxaban (Sayaysa), Apixaban (Eliquis), Clopidogrel (Plavix), Rivaroxaban (Xarelto), Enoxaparin (Lovenox), Prasugrel (Effient), Ticagrelor (Brilinta), Foundaparinux (Arixtra), Dipyridamole (Aggrenox)	Call the prescribing provider who prescribed this medication to ask how you should take it before and after your colonoscopy. You may have to stop taking them before your procedure.
Insulin and Diabetes medications	Call the prescribing provider who prescribed this medication to ask how to take them before and after your colonoscopy.
Iron pills: Ferrous sulfate, Ferrous Gluconate, Ferrous Fumarate	Stop taking seven days before your colonoscopy
Herbal Supplements	Stop taking seven days before your colonoscopy
MAOIs: Rasagiline, Selegiline, Phenelzine, Tranylcypromine	Call our office and let us know you take this medication. 802-847-8865
GLP-1 agonist/Dual-acting GLP-1 agonist and GIP agonist: Dulaglutide (Trulicity), Exenatide (Byetta & Bydureon), Liraglutide (Victoza & Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic & Wegovy), Tirzepatide (Mounjaro & Zepbound)	Weekly Injectable medications: Stop 7 days prior to procedure Daily injectables or Oral medications: Stop day of procedure

ONE DAY BEFORE YOUR COLONOSCOPY

- **You cannot eat food** of any kind today except for popsicles that are not red or purple.
- **You *may have* any of these liquids:** water, apple juice, white grape juice, ginger ale, sports drinks like PowerAde or Gatorade that are not red or purple, Crystal Light, black coffee, black tea, Kool Aid that is not red or purple.
- **You *may not have:*** any liquid that is red or purple, jello, broth, juices with pulp, ice cream, alcohol, gum, any food or anything that is not one of the liquids listed above.



MIRALAX PREPARATION INSTRUCTIONS

- **5 pm:** Take Four (4) Dulcolax or generic bisacodyl pills with a full glass of water
- **6 pm:** Mix One (1) 238-gram bottle of Miralax or generic polyethylene glycol and 64 ounces of Gatorade that is not red or purple into a big pitcher / container.
- **Drink one 8-ounce glass of the mixture every 15 minutes until you finish HALF of the container.** Refrigerate the rest of the mixture in the container. You must finish half of it even if you have diarrhea. If you become nauseous, stop for 30 minutes and then start drinking again until you are finished the first half of the prep. It may help to drink through a straw. You may drink as much of the acceptable liquids along with the Miralax solution as you like including water. The more fluids you drink, the cleaner your colon will be. Use Desitin on your bottom if it is sore.
- Take your approved medications today as prescribed by your doctor. Follow your instructions for diabetes medication, insulin and blood thinners. NO herbal medications or Iron tablets.

THE DAY OF YOUR COLONOSCOPY

Miralax Preparation Instructions

- **5 hours before your procedure:** Drink 8 ounces of the remaining mixture—every 15 minutes—until it is finished. You must finish all of the preparation within two hours. **You are not permitted to drink anything within the three hours before your procedure time.** Drinking anything within the three hours may delay or cancel your procedure.
- **3 hours before your procedure:** Take your approved morning medications with small sips of water. **Then completely stop eating and drinking as you cannot have anything by mouth 3 hours prior to the procedure.**

FOR YOUR PROCEDURE:

- Remove all jewelry
- Leave your valuables at home or plan on giving them to someone during the procedure
- Go to the registration desk, located on the third floor, one hour before your procedure to check-in.
- Park in the garage if your driver is staying with you; the first hour is free. Our number is 802-847-9255 if your driver is not staying and needs to contact us.
- You will not be able to drive, work, operate equipment or anything else that requires judgement or reflexes.

