
Getting Ready for Your Colonoscopy: MiraLAX[®] with Mag Citrate SPLIT Preparation Instructions

General Information for Your Upcoming Colonoscopy

Date of Procedure: _____ Location: _____

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, such as 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 may not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

WITH WORLD-CLASS DOCTORS FROM



 **NewYork-
Presbyterian**

How to Contact Us

- If you have questions about your colonoscopy or preparation, please call _____
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, you will get a call back the next day
- If you need medical help urgently, call 911 or go to the nearest Emergency Room

Cancellation Policy

Scheduling your colonoscopy requires careful planning among 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 contact us at least 3 days before your colonoscopy.

Phone: _____ Email: _____

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Getting Ready for Your Colonoscopy

As Soon As Your Colonoscopy Is Scheduled:

- Obtain Cardiac Clearance, if applicable (see page 7)
- Review Important Medicine Information to know which medications you may need to stop (see page 7 and 8)
- Buy the products you need to clean your colon (see page 9)

7 Days Before Your Colonoscopy (see page 8 and 13):

- Stop iron supplements
- Take MiraLAX every day if you take a GLP-1 agonist, have had a poor colonoscopy prep, or have constipation

3 Days Before Your Colonoscopy (see pages 8 and 10):

- Stop taking SGLT2 inhibitors
- Start a low-residue diet if you are on a GLP-1 agonist, have had a poor colonoscopy prep, or have constipation

1 Day Before Your Colonoscopy (see pages 10 and 13):

- Low-residue breakfast and lunch before 2 p.m.; after 2 p.m., clear liquid diet

or

- Clear liquids all day: If you are on a GLP-1 agonist, have had a poor colonoscopy prep, or have constipation, do not eat the low-residue breakfast and lunch; instead only drink clear liquids all day

12:00 p.m.:

- Take two (2) Dulcolax laxative tablets if recommended by your doctor

5:00 p.m.:

- Drink an 8-ounce glass of the Gatorade/MiraLAX mixture every 15 minutes until you finish HALF (½) of the mixture—refrigerate the remainder

Day of Your Colonoscopy (see page 14):**5 Hours Before Your Arrival:**

- 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 3 hours before your exam
- Drink the entire 10-ounce bottle of magnesium citrate along with 8 ounces of water (mixed together or drink separately). You must finish drinking 3 hours before your exam.

It is important to drink the remaining prep 5 hours before your exam as this allows your doctor to detect polyps.

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 a.m.	1 a.m.	3 a.m.
7 a.m.	2 a.m.	4 a.m.
8 a.m.	3 a.m.	5 a.m.
9 a.m.	4 a.m.	6 a.m.
10 a.m.	5 a.m.	7 a.m.
11 a.m.	6 a.m.	8 a.m.
12 p.m.	7 a.m.	9 a.m.
1 p.m.	8 a.m.	10 a.m.
2 p.m.	9 a.m.	11 a.m.

Important Cardiac Clearance Information

If you have a cardiac defibrillator (AICD), 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 a:

- Permanent pacemaker (PPM): Provide an interrogation report from the past 12 months
- Cardiac defibrillator (AICD): Provide an interrogation report from the past 6 months

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 blood thinners:		
Apixaban (Eliquis®)	Edoxaban (Savaysa®)	Ticagrelor (Brilinta®)
Cilostazol (Pletal®)	Enoxaparin (Lovenox®)	Tinzaparin (Innohep®)
Clopidogrel (Plavix®)	Heparin	Warfarin (Coumadin®)
Dabigatran (Pradaxa®)	Prasugrel (Effient®)	
Dalteparin (Fragmin®)	Rivaroxaban (Xarelto®)	

If you are on an aspirin regimen, do not stop your aspirin unless your doctor tells you to do so.

Diabetic or Weight Loss Medications

If you are taking:	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), Sotagliflozin (Inpefa), or Bexagliflozin (Brensavvy)	Stop taking this medication three (3) days prior to the colonoscopy
Daily GLP-1 receptor agonists: 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)
Weekly GLP-1 receptor agonists: Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro, 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)

Blood Pressure Medicines

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.

Products to Buy to Properly Clean Your Colon for Your Colonoscopy





Product	Quantity	Find at	Product looks like this
MiraLAX or generic polyethylene glycol 3350	One bottle (238 g) (If you are on a GLP-1 agonist, buy 2 bottles)	Pharmacy (over the counter, no prescription needed)	
Dulcolax* (bisacodyl) Laxative or generic bisacodyl (not the stool softener type) <small>*If recommended by your doctor</small>	Two over-the-counter laxative pills	Pharmacy (over the counter, no prescription needed)	
Gas-X or generic simethicone pills	Two 125 mg 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	

Image Sources:

- miralax.com/products/miralax
- dulcolax.com/en-ca/products/overnight-relief/laxative-tablets
- gas-x.com/gas-relief-products/extra-strength-softgels/
- target.com/p/magnesium-citrate-lemon-flavor-digestive-health-treatment-10oz-up-38-up-8482/-/A-88504613
- gatorade.com

Eating Before Your Colonoscopy

Three (3) Days Before Your Exam:

- Eat a low-residue diet (see below) if you are on a GLP-1 agonist, have had a poor colonoscopy prep, or have constipation

The Day Before Your Exam:

Before 2:00 p.m.:

- Low-residue breakfast and lunch: You can eat foods such as eggs, white bread, plain bagel with cream cheese or butter, plain yogurt, cheese, ham, turkey, chicken, pasta (see page 11)

or

- Clear liquids all day: If you are on a GLP-1 agonist, have had a previous poor prep, or have constipation, do not eat breakfast or lunch. You must avoid all solid food; instead only drink the clear liquid diet (see page 12)

After 2:00 p.m.:

- No solid food for the rest of the day. You can only have a clear liquid diet (see below). You cannot eat solid food until AFTER your colonoscopy

What Is a Low-Residue Diet?



Acceptable Foods:

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.

Foods to 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?



Acceptable Clear Liquids:

Water, ginger ale or other clear sodas, black coffee or tea, sports drinks, clear broth or bouillon, clear juices such as apple or white grape juice, plain Jell-O, frozen juice popsicle.

Clear Liquids to Avoid:

Liquids must not be red or purple. Do not consume any alcohol, juice pulp, milk, cream, soy or nondairy creamer, or other liquids you cannot see through unless on the list above.

MiraLAX with Mag Citrate SPLIT Preparation Instructions

One Week Before Exam—if you take a GLP-1 agonist, have had a poor colonoscopy prep, or have constipation:

- Mix 1 capful (17 grams) of MiraLAX in an 8-ounce beverage and drink it once a day, every day, before your colonoscopy (Don't forget to stop your GLP-1 receptor agonist, see page 8)

One Day Before Exam, at 12 p.m.:

- Take 2 Dulcolax (or generic brand bisacodyl) pills with an 8-ounce glass of water

One Day Before Exam, at 5 p.m.:

- 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 (1/2) of the mixture—Refrigerate the remainder

This will cause you to have loose stools. Loose stools 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 3 hours before your exam
- Drink the entire 10-ounce bottle of magnesium citrate along with 8 ounces of water (mixed together or drink separately). You must finish drinking 3 hours before your exam.

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 Colonoscopy:

- 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 canceled

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

What to Expect

Day of Your 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.

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 canceled
- 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)

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 Connect, the patient portal of NewYork-Presbyterian, Columbia, and Weill Cornell Medicine. You will need to state and spell your name and date of birth to verify your identification.

After you change 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.

In the Recovery Room, After Your Colonoscopy

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, After Your Colonoscopy

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 Doctor's 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

The logo for NewYork-Presbyterian, featuring a red square with the text "NewYork-Presbyterian" in white. The text is split across two lines: "NewYork-" on the top line and "Presbyterian" on the bottom line. The "NewYork-" part is in a sans-serif font, while "Presbyterian" is in a serif font. There are small white symbols to the left of each line: a vertical bar and a horizontal bar for "NewYork-", and a vertical bar and a horizontal bar for "Presbyterian".

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This information is brief and general. It should not be the only source of your information on this healthcare topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your healthcare providers before making a healthcare decision.