



**8424 Naab Road, Suite 3J
Indianapolis, IN 46260
Phone: (317) 872-7396
Fax: (317) 879-8328
Toll Free 1-866-327-2465**

**Colonoscopy OTC Prep Instructions
MiraLAX/Dulcolax/Gatorade**

Please check in at: _____
Your procedure is scheduled for: _____

Please report to:

- _____ Northside Endoscopy Center
8424 Naab Road STE 3G
Indianapolis, In 46260
- _____ St. Vincent Hospital 86th St
Endoscopy Center
Entrance #1
2001 West 86th Street
Indianapolis, In 46260
- _____ St. Vincent Hospital Carmel
Digestive Health Center
Entrance #1
13500 North Meridian Street
Carmel, In 46032

Daily Medications

If you are taking a medication for pain, high blood pressure, seizures, asthma, thyroid disease, irregular heartbeat, or if you are taking prednisone, you may take these medications with a small **sip** of water, 4 hours prior to your procedure.

If you take iron pills, such as ferrous sulfate, polysaccharide iron complex, or a multi-vitamin with iron stop taking them **7 days** before the procedure.

If you use an inhaler on a regular basis, please use your inhaler the morning of the procedure and bring it with you.

Prescription medications and when to discontinue before procedure. Please check with your prescribing physician before you stop your medication.

Blood Thinners

Coumadin/Warfarin	STOP 5 days
Plavix/Clopidogrel	5 days
Effient/Prasugrel	5 days
Eliquis/Apixaban	3 days
Brilinta/Ticargelol	3 days
Savaysa/Edoxaban	3 days
Xarelto/Rivaroxaban	2 days
Pradaxa/Dabigatran	2 days
Aspirin/Baby Aspirin/NSAID's	Continue

Diabetic Medications

Jardiance/Empagliflozin	STOP 3 days
Farxiga/Dapagliflozin	3 days
Invokana/Canagliflozin	3 days
Brenzavvy/Bexagliflozin	3 days

Diabetic/Weight Loss Injectable/Oral Medications (GLP1/GIP)

If taken daily:	STOP
Rybelsus/Semaglutide	1 day
If taken weekly:	STOP
Byetta/Bydureon/Exanetide	1 week
Mounjaro/Tirzepatide	1 week
Saxenda/Victoza/Liraglutide	1 week
Soliqua/Lixisenatide/Insulin glargine	1 week
Trulicity/Dulaglutide	1 week
Wegovy/Ozempic/Semaglutide	1 week
Xultophy	1 week

If you have diabetes

You know your blood sugar levels better than anyone, please, check your glucose level often during your prep.

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking short acting insulin, do not take it on the day of your procedure.
- If you are taking long-acting insulin, take half of your prescribed dose on the morning of or the night before your procedure.
- If you have any questions, please contact your prescribing physician for instructions.

3 DAYS BEFORE YOUR PROCEDURE, STOP eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, celery, potato skins and green salads.

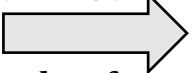
THE DAY BEFORE YOUR PROCEDURE, please follow the attached low residue/clear liquid diet.

AVOID: Alcohol, milk or dairy products, non-dairy creamer, juice with pulp, any liquid you cannot see through, anything that is red or purple.

Bowel Preparation

You need to purchase the following (**no prescriptions are needed**):

- 4 Dulcolax (bisacodyl) laxative tablets**
- 2 bottles of MiraLAX (polyethylene glycol 3350) 119 grams**
- Liquid Purchase: Two 32 oz bottles of Gatorade, G2, Powerade, Powerade Zero, Smartwater, Propel, or Life water * NO**



RED OR PURPLE. 32 ozs will be used with each bottle of MiraLAX.

- **10 oz. bottle of Magnesium Citrate (NO RED)**

THE DAY BEFORE YOUR COLONOSCOPY

- Begin low residue diet from the time you get up until **2 pm** (see diet section on page 3). **NO FOOD AFTER 2 pm. ONLY CLEAR LIQUIDS WITH PREP.**
- **At 4 pm:** take 4 Dulcolax tablets with an 8oz glass of water.
- **At 5 pm:** take 1 bottle of Magnesium Citrate.
- **At 6 pm:** Mix 1 bottle of MiraLAX (119 grams) with 32 oz of your liquid purchase. Begin drinking one 8oz glass of the solution every 10-20 minutes until solution is gone. If you become nauseated, stop or slow down the frequency and try drinking solution through a straw.

We do understand that after your first dose you may feel cleaned out, but you will need to complete both doses to ensure the right side of your colon is cleaned.

THE DAY OF YOUR COLONOSCOPY

- **At _____ am:** Mix 1 bottle of MiraLax (119 grams) with 32 oz of your liquid purchase. Begin drinking one 8oz glass of the solution every 10-20 minutes until solution is gone. If you become nauseated, stop or slow down the frequency and try drinking solution through a straw.
- **Stop drinking prep by _____ am.**

You are to have ABSOLUTELY NOTHING to eat, drink smoke, or chew 4 hours prior to your procedure time

Your stool should be clear or yellow liquid. If your stool is still brown or still formed, please call 317.872.7396, between 8:30 am – 12 pm and 1 pm – 3:30 pm.

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. This allows your doctor to see your entire colon. It is extremely important to follow these preparation instructions to clear your colon of any stool.

Failure to follow these instructions limits the value of this procedure and may result in your procedure being rescheduled.

If you need to cancel your procedure for the next day and it is after hours, please call 317.872.7396 and leave a voicemail.

If you need to reschedule, please call 317.872.7396 **during business hours** and choose the option for scheduling.

Thank you for choosing Northside Gastroenterology. We would like to welcome you to our practice and hope we exceed all your expectations.

Must read

- You **MUST** have an adult companion (family member or friend) to take you home. You are not allowed to drive or leave the facility alone. Public transportation by yourself (bus, taxi, Uber/Lyft) is not allowed.
- **Your procedure will be canceled if you do not have a responsible adult to take you home.**
- Please bring your photo ID, insurance cards, and forms included in your packet on the day of the procedure. If you have a living will or advanced directive, please bring a copy with you as well.
- If you have ostomy, please bring replacement supplies with you.
- You will be receiving IV (intravenous) sedation.
- The actual procedure will last approximately 30 minutes, but you must remain in the recovery area until you recover from sedation.
- The actual procedure will last approximately 30 minutes, but you must remain in the endoscopy center until you recover from the sedation. You can expect to be here for about 2-2 1/2 hours from **arrival** to discharge.
- Please do not bring any jewelry or other valuable items with you.
- A form of payment required to pay your deductible/co-pay. **We accept Visa, MasterCard, Discover, cash, and check.**
- **If you have any questions** concerning your procedure or the above instructions, please call 317.872.7396.

On the **day before** your procedure start eating the meals according to the meal planner. For additional food, please only consume those liquids permitted on the clear liquid diet.

Clear Liquid Diet

This diet is **ONLY** allowed until you begin the second dose of laxatives!

Water

NO RED, ORANGE, OR PURPLE DYES

Apple juice

100% Cranberry juice (ok because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (clear or lemon lime)

Any flavor water packet

7 Up/Sprite/Starry

99% fat free chicken or beef broth (canned) **NO** bouillon cubes

Jell-O (**NO** red or orange)

Popsicles (**NO** red or orange)

Black coffee **NO MILK or CREAMER**

Tea, Soda, Diet Soda (OK even if dark in color)

NO ALCOHOL

*Limit your caffeine intake as it can cause dehydration.

Low Residue Diet

The day before your procedure **ONLY!**

CHOOSE ONE OPTION FOR EACH MEAL

IF A FOOD IS NOT ON THE LIST BELOW, DO NOT EAT IT

Breakfast	<ol style="list-style-type: none">1. 2 eggs (fried, over easy, scrambled or boiled) and 2 slices white bread with butter or jelly2. 1 plain bagel with butter, cream cheese OR jelly3. 1 cup yogurt (no seeds, berries or nuts) and 1 banana
Lunch	<ol style="list-style-type: none">1. 1 plain chicken or turkey lunchmeat sandwich on white bread with condiments only, NO lettuce, tomato, etc.2. 1 cup macaroni and cheese3. baked potato with butter and/or sour cream <p>NOTE: Do NOT include potato skin.</p> <ol style="list-style-type: none">4. 1 chicken breast (pan fried or baked) and 1 cup cottage cheese5. 5 chicken tenders OR 10 chicken nuggets with condiments
Dinner	<ol style="list-style-type: none">1. Start the bowel prep as instructed.2. Follow the clear liquid diet below.3. <u>Please do not eat any solid foods after 2pm.</u>