



COLONOSCOPY EXAM INSTRUCTIONS WITH TWO-DAY PREP

If you are scheduled with:

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THESE INSTRUCTIONS ARE INTENDED FOR INDIVIDUALS THAT REQUIRE A **TWO-DAY PREPARATION** DUE TO PREVIOUS POOR COLONOSCOPY PREP, HISTORY OF CONSTIPATION OR OTHER INDICATIONS.

Please immediately read the following instructions completely and carefully. There are important steps that may need to be taken up to one week prior to your colonoscopy. It is recommended to review these instructions more than once to ensure you understand the process to prepare for your colonoscopy.

Failure to follow these instructions may result in an inadequate prep resulting in an incomplete exam. This may result in additional diagnostic tests, repeating the exam, or a recommendation for a follow-up exam at a shorter interval.

IF YOU HAVE QUESTIONS AFTER READING THESE INSTRUCTIONS, PLEASE CALL: 763-587-7752

Colonoscopy Prep Instructions using Two Day MiraLAX, Dulcolax, and Magnesium Citrate

What You Will Need:

- Laxatives are required to clean out the colon (large intestine). The laxative regimen is not weight based; everyone requires the same amount of laxative to effectively prepare for the exam.
- The laxatives will cause severe diarrhea, that is the intended effect. You will need to be near a bathroom once you begin drinking the MiraLAX. The Dulcolax tablets typically do not have any immediate laxative effects.
- Each of the laxative products you need to prepare for your colonoscopy are available over-the-counter at your grocery store or pharmacy without a prescription:
 - **Dulcolax (Bisacodyl)** Laxative Tablets 5mg – Four tablets (may be labeled as “overnight relief”)
 - **MiraLAX (Polyethylene Glycol)** Laxative Powder –
 - One 238-gram (8.3 oz.) bottle
 - One 119-gram (4.1 oz.) bottle
 - **Magnesium Citrate** – one 10-ounce (296ml) bottle
 - **Gatorade** or similar electrolyte drink – 96 oz. **NOT RED OR PURPLE – any other color is acceptable**
 - You will need additional clear liquids to consume the day before the exam; examples are provided at the end of these instructions. Please, do not drink red or purple liquids.

Transportation:

- You must arrange for someone to drive you home and stay with you for 12 hours after your procedure due to the sedation administered for completion of the colonoscopy.
- A taxi driver, bus, Uber, or Lyft type transportation, Metro Mobility or other medical transport service are not allowed unless you have another responsible adult with you. There are NO exceptions to this policy.
- Failure to have a have a driver and/or responsible adult that can stay with you for 12 hours after procedure will result in your colonoscopy being canceled even if you have completed the laxative prep.
- The procedure takes approximately 2½ to 3 hours from check-in to check-out, although this may vary.

Insurance:

- Voyage Healthcare does not verify insurance coverage of your colonoscopy or coverage of the facility at which it is scheduled. It is the patient's responsibility to contact insurance to verify coverage.
- If you have billing questions or concerns, you may contact the Voyage Healthcare Business Office at: 763-587-7811. You may also need to contact the facility at which your exam is/was scheduled.

MEDICATIONS

Some prescription and over-the-counter medications need to be held prior to your colonoscopy.

- Iron supplements, fish oil and over-the-counter or prescription non-steroidal anti-inflammatory (NSAID) medications such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, etc.
 - Stop 3 days before your procedure
- Prescription pain relievers/narcotics
 - Do not take 4 hours before your colonoscopy or 4 hours after your procedure
 - Over-the-counter Tylenol (Acetaminophen) is acceptable to take
- Opioid Antagonists (Naltrexone, Suboxone, Methadone)
 - It is not required, but is recommended to hold opioid antagonist 3 days prior to your procedure

We ask that most other prescriptions and over-the-counter medications be held the day of your procedure except for medications for: heart, blood pressure, seizure/Parkinson's or thyroid conditions – you may take these medications with a sip of water the day of your procedure.

Blood Thinners:

- If you take a prescription blood thinner, it needs to be stopped prior to your procedure as noted below.
- If you have been told by the doctor who prescribes your blood thinner to avoid stopping it, please call our office and we will coordinate with that doctor to create a safe plan for your medication.
 - Aspirin 81mg
 - Continue without interruption
 - Aspirin 325mg, Plavix (Clopidogrel) or Effient (Prasugrel)
 - Stop 7 days before your procedure
 - Coumadin (Warfarin)
 - Stop 5 days before your procedure
 - Call your Coumadin/INR clinic to discuss if you need to bridge with an injectable blood thinner
 - Brilinta (Ticagrelor)
 - Stop 5 days before your procedure
 - Eliquis (Apixaban) or Xarelto (Rivaroxaban)
 - Stop 2 days before your procedure
 - Pradaxa (Dabigatran)
 - Stop 3 days before your procedure

Weight Loss Medication GLP-1 Agonists or SGLT-2 Inhibitors – Wegovy, Ozempic, Byetta, Trulicity, Victoza, etc.

- Once or twice daily injectable GLP-1 agonists:
 - Hold the day before the procedure and day of the procedure
- Once weekly injectables:
 - Hold 7 days before the procedure and day of the procedure
- Oral Semaglutide:
 - Hold 7 days before the procedure and day of the procedure
- SGLT-2 Inhibitors:
 - Hold for 4 days before the procedure and day of the procedure
- DDP-4 Inhibitor (Alogliptin, Sitagliptin, Saxagliptin, Linagliptin)
 - Holding for 5-7 days is recommended, consult with prescribing doctor or call our office

Diabetics:

- Use a sugar-free liquid to mix your MiraLAX with such as Crystal Light or Gatorade Zero.
- One day before your colonoscopy, while on the clear liquid diet, take HALF of the normal dose of your diabetic medications (insulin or tablets).

- The day of your colonoscopy do not take your diabetic medications and check your blood sugar before leaving for your colonoscopy.
- Have a sugar-containing clear liquid (apple juice, lemon-lime soda) or glucose tablets on hand in the event you develop low blood sugar.

PREPPING SCHEDULE

7 Days Before:

- Stop fiber supplements such as Metamucil, Benefiber, and flax seed.
- Stop iron-containing medications or supplements such as ferrous sulfate, ferrous gluconate, and ferrous fumarate.

3 Days Before:

- Begin a low-fiber diet, examples of foods to avoid and consume are at the end of these instructions.
- Drink additional water - at least eight glasses (8 ounces each) of water throughout the day.

2 Days Before:

- Eat a low-fiber breakfast, after breakfast you will be restricted to a clear liquid diet (see examples next page).
- **4:00 PM** – mix entire contents of 119-gram (4.1 oz.) bottle of MiraLAX with 32-ounces of Gatorade, or clear liquid of your choosing, mix until the powder is dissolved.
- Drink an 8-ounce (1 cup) glass of the MiraLAX mixture every 10-15 minutes until gone for an effective preparation. Be sure to consume the entire contents, this should NOT take more than one hour.
- **7:30 PM** – take two Dulcolax (Bisacodyl) laxative tablets with 16 ounces of water or other clear liquid drink.

1 Day Before:

- Continue with the clear liquid diet (see examples next page).
- Do not consume any alcohol, dairy, protein shakes, cream broths or products containing oil.
- Do not use chewing tobacco.
- **12:00 PM** take the two Dulcolax (Bisacodyl) tablets with 16 ounces of water or other clear liquid drink.
- **4:00 PM** mix the entire 238-gram (8.3 oz) bottle of MiraLAX (Polyethylene Glycol) into the 64oz of clear liquid of your choosing, mix until the powder is dissolved and begin drinking. You may refrigerate prior to drinking.
- Drink an 8-ounce (1 cup) glass of the MiraLAX mixture every 10-15 minutes until gone for an effective preparation. Be sure to consume the entire contents, this should NOT take more than two hours.
- **7:00 PM** drink one 10-ounce bottle of Magnesium Citrate, it is recommended to chill before drinking.
- If bloating, nausea, or vomiting occurs you may take a brief break from drinking and restart after 30 minutes.

Day of Your Procedure:

- Stop consuming all liquids 2 hours prior to your exam, even water.
- Review your medications carefully taking only those that are listed on page 2 of these instructions.
- Review your check-in time noted at the top of page 1 of these instructions.
- Allow extra time for travel as you may need to stop to use the restroom along the way.

Following the above steps will help to ensure that you are adequately prepared for your physician to perform a complete and thorough exam. Despite all efforts, there can still be incidences of inadequate or poor prep that can result in recommendations for repeat colonoscopy exam or other diagnostic procedures. Be sure to follow these instructions carefully including dietary recommendations, drinking additional water in the days prior to your exam and inform us if you have irregular or infrequent bowel movements or are constipated.

You may reach us during business hours if you need to cancel, reschedule, or have questions about your colonoscopy. Please provide a 72-hour notice if you need to cancel or reschedule. Please, do not contact the facility with scheduling changes.

Phone: 763-587-7752 – Option 1: Scheduling, Option 2: Nurse Line

Monday -Thursday 8:00AM - 5:00PM

Friday 8:00AM - 4:00PM

CLEAR LIQUID DIET	
Acceptable Clear Liquids	Unacceptable Liquids
• Chicken, beef or bone broth, bullion, stock • Jell-o - no fruit pieces • Pulp-free juice – apple, white grape, white cranberry • Gatorade, Powerade, Crystal Light, Protein₂O, Ensure Clear • Coffee and tea – no cream • Water – any type: flavored, electrolyte, coconut, Liquid I.V., etc. • Popsicles or lemon ice • Soda, even colas such as Pepsi or Coke	• Alcohol • Energy drinks • Dairy or dairy substitutes • It is recommended that you limit caffeine and carbonated beverages • Liquids that are RED or PURPLE in color

LOW FIBER DIET	
Foods to Eat	Foods to Avoid
Bread, cereals, and grains: • Cereals without whole grains, added fibers, seeds, raisins, or other dried fruit • Crackers, Zwieback, Melba, Matzoh (no crackers wheat or whole grain) • Plain pasta noodles • Pretzels • White breads, waffles, toast, or plain white rolls • White Rice	Bread, cereals, and grains: • Bran • Brown or wild rice • Coconut • Graham crackers • Granola • Nuts or seeds • Wheat germ • Whole grains, cracked grains or whole wheat products
Vegetables: • Vegetable juice • Well-cooked or canned vegetables without seeds, stems, or skins. Carrots, greens, wax beans, spinach, lima beans, pumpkin, or asparagus tips	Vegetables: • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, brussels sprouts, cabbage, onions, cauliflower, peas, avocado, corn
Fruits and desserts: • Canned fruit without seeds or skins • Melons, except watermelon • Ripe bananas • Sherbet and popsicles • Clear juices	Fruits and desserts: • All berries, figs, dates, and raisins • Prune juice and prunes • Raw or dried fruit • Pineapple, even canned
Milk / Dairy: • Cheese (including cottage cheese) • Cream sauces, soups, and casseroles • Custard or pudding • Ice cream or frozen desserts (without nuts) • Milk (plain or flavored)	Milk / Dairy: • Yogurt with seeds, berries, or nuts
Meat and other Proteins: • Peanut butter without nuts • Eggs • Ground beef, lamb, ham, veal, pork, fish, poultry, organ meats	Meat and other Proteins: • All beans, nuts, peas, lentils, and legumes • Processed meats, hot dogs, sausage, cold cuts • Tough, fibrous meats with gristle

- Clear jellies
- Hard candy, marshmallows, and plain chocolate
- Margarine, butter, cream, and oils
- Mayonnaise and milk salad dressings
- Plain gravies, bouillon, and broth
- Sugar, honey, and syrup

- Marmalade
- Pickles, olives, relish, and horseradish
- Popcorn
- Potato chips

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763-520-5200

