



**ANDOVER SURGERY CENTER**

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**COLONOSCOPY INSTRUCTIONS—MIRALAX PREP**

You will need to purchase (1) 8.03 oz bottle of Miralax and Dulcolax 5mg (laxative tablets).

Please call your primary (PCP) with questions regarding your bowel prep.

**DAY BEFORE EXAMINATION**

If you are diabetic please call your PCP, prior to beginning your bowel prep, for instructions on how to take your diabetic medications.

**6:00 A.M**

**\*\*Start on a clear liquid diet. No dairy products or solid foods.**

Clear liquids include:

Juices without pulp (apple, white grape, etc)	Buillion
Water	Clear broth
Coffee or Tea, no milk products	Soft Drinks
Kool Aid/Gatorade (No red or purple)	Popsicles
Jell-O (no red or purple)	Icees
Tang	

Mix and refrigerate 8.3 oz bottle of Miralax in 64 oz of Gatorade, Crystal Light or Water.

**2:00 p.m. \*\*Take (4) Dulcolax laxative tablets with an 8 oz glass of water or other liquids.**

**4:00 p.m. \*\* Start to drink the Miralax. Drink one (1) 8 oz glass every 10-15 minutes. Drink quickly rather than sipping small amounts so that you are finished drinking all the Miralax mixture in 2 hours.**

**DO NOT EAT ANY SOLID FOOD OR ANY DAIRY PRODUCTS.**

**ON THE MORNING OF THE EXAM:**

- Please only take your heart, blood pressure or asthma medication with 2 oz of water
- Please do not wear any aftershave, cologne or perfume but deodorant is okay.

**YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR COLONOSCOPY- PLEASE HAVE A DRIVER. You will be given medication to sedate you; therefore, you will NOT be allowed to drive yourself home.**

**\*\*If you have any questions regarding your current medications and/or which medications you may take on the date of your procedure, please contact your physician.\*\***

## Pre-Procedure Patient Instructions

**\*\*Phentermine must be STOPPED fourteen (14) days prior to all surgery procedures. If you have any questions, Please do not hesitate to contact your physician. \*\***

### 7 Days Prior to Procedure

Stop taking aspirin or any medicines containing aspirin (acetylsalicylic acid) seven (7) days before surgery. These medications may cause you to bleed more easily. Below is a list of samples of aspirin.

Alka-Seltzer	Bayer	Cope	Fiortal	Pepto-Bismal	Vanquish
Anacin	Darvon	Acotrin	Goody's	Percodan	ZORprin
Ascriptin	Bufferin	Disalcid	Emprin	Midol	Salflex
Easprin	Aspirin	Compound	Excedrin	Trilisate	
BC Powder	Doan's Pills	MonoGesic			

**\*\*Stop taking the following arthritis, non-steroidal anti-inflammatory drugs (NSAID's), or pain medicines seven (7) days before surgery. These medications may cause you to bleed more easily. Below is a list of medications.**

Advil	Arthrotec	Clinoril	Ibuprofen	Meloxicam	Nalcon	
Rufen	Aleve	Butazolidin	Dolobid	Medipren	NapralPAC	Toradol
Suprol	Anaprox	Cataflam	Etodolac	Lodine	Mobic	Naprosyn
Vioxx	Ansaid	Celebrex	Feldene	Meclofen	Motrin	Nuprin
Relafen		Voltaren	Pamperin-IB	Ponstel		

**\*\*Stop taking all herbs, vitamins and over the counter medicines seven (7) days prior to your procedure. The Medicines may cause adverse reaction with some sedative/anesthetic agents.**

**\*\*You may take Tylenol (acetaminophen) for pain up until the day of surgery.**

**\*\*Do NOT take Coumadin, Warfarin, Xarelto or Rivaroxaban (5) days or Plavix, Aggrenox, Persantine, Pletal or Ticlid seven (7) days before your procedure. Check with your prescribing physician before you stop any of these medications.**

### Day of Procedure

1. You will need to be fasting for your procedure. Nothing to eat or drink after midnight. (includes gum, mints or candy)
2. You will need someone to accompany you for this procedure.
3. Take all regularly prescribed medications as directed by your physician/surgeon. Inform your nurse or anesthesiologist what medication you have taken prior to your procedure.
4. Hold Diabetic medication on day of procedure.
5. Please shower the morning of your procedure and wear comfortable loose fitting clothing.
6. Decrease or eliminate alcohol, caffeine and tobacco 48 hours prior to your procedure.
7. Be prepared to answer duplicate questions as the staff checks and double checks your name, allergies, medications and the name of your scheduled procedure.

When scheduling patients at KMC (or technically anywhere) that will need to have anesthesia such as EGD and Colonoscopies, patients will need to be off of their GLP1's for 2weeks prior to procedure. This includes both oral and injectable meds. Here is a list of meds:

Dulaglutide (Trulicity) (weekly)

Exenatide extended release (Bydureon bcise) (weekly)

Exenatide (Byetta) (twice daily)

Semaglutide (Ozempic) (weekly)

Liraglutide (Victoza, Saxenda) (daily)

Lixisenatide (Adlyxin) (daily)

Semaglutide (Rybelsus) (taken by mouth once daily)

Tirzepatide (Mounjaro, Zepbound) (weekly)

For the following combo meds, need to be off med x 3days prior to procedure.

Insulin glargine & lixisenatide (Soliqua) (daily)

Insulin degludec & liraglutide (Xultophy) (daily)

