



Stony Brook  
Medicine

## Colonoscopy Preparation Instructions: Two Day Miralax Bowel Prep

Name: \_\_\_\_\_

Procedure: Colonoscopy \_\_\_\_\_

Physician: \_\_\_\_\_

Location: Stony Brook University Hospital 14N

Date of Procedure: \_\_\_\_\_

Arrive at: \_\_\_\_\_

**Please note:** As a courtesy to other patients and to your doctor, please call as soon as possible at (631) 444-5220 if you are unable to keep your appointment.

Colonoscopy is a routine, safe, pain-free procedure used to examine the colon (large intestine). In order for your doctor to get the best examination possible, your bowel will need to be cleaned out; any stool remaining in the colon can hide lesions and may result in the need to repeat the colonoscopy.

## **AS SOON AS POSSIBLE**

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if you taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Uber® drivers are not acceptable.**
2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:
  - Warfarin (Coumadin®)
  - Clopidogrel (Plavix®)
  - Ticagrelor (Brilinta®)
  - Effient (Prasugrel®)
  - Rivaroxaban (Xarelto®)
  - Apixaban (Eliquis®)
  - Dabigatran (Pradaxa®)
  - Enoxaparin (Lovenox®)

**You may continue taking aspirin unless otherwise instructed**

3. For patients with diabetes
  - Stop metformin containing medications 24 hours before procedure
  - Hold all non-insulin medications the morning of the procedure
  - Contact your diabetes doctor to help adjust your dose of insulin dose during and after the bowel preparation
  - If you use an insulin pump, a **written letter** from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
  - If you use oral diabetes medications, do not take these medications on the morning of your procedure
4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure



## 5 DAYS PRIOR TO COLONOSCOPY

- Buy one 238g bottle of Miralax®, one 119g bottle of Miralax®, 2 bottles of Magnesium Citrate, 4 Dulcolax tablets (5mg each), and 2 fleet enemas. Also purchase 64 ounces of your favorite clear liquid (see list below)
- Go to [www.miralax.com/coupons-and-offers](http://www.miralax.com/coupons-and-offers) for a savings coupon or you can buy store brand equivalent of Miralax
- Stop taking any iron supplements, herbal medications, or fish oil
- Take Miralax® 1 capful dissolved in water, juice or coffee once a day until day before colonoscopy
- Avoid eating any nuts or seeds including poppy seeds, sesame seeds and sunflower seeds, any fruits or vegetables with seeds, or corn.
- Call the Admitting Office at (631) 444-1870 and provide your insurance information

## 2 DAYS PRIOR TO COLONOSCOPY

- Confirm your transportation for the day of your procedure. Please call if you need to reschedule your procedure
- **Do not eat any solid or soft food. Drink plenty of clear liquids (able to be seen through when poured into a glass) throughout the day to prevent dehydration from the bowel preparation.** Do not drink alcohol.

Examples of clear liquids include:

- |  |   |
|--|---|
| ✓ Water  | ✓ Gatorade®, Powerade® or similar sports drink (no red or purple) |
| ✓ Clear juices without pulp (apple or white grape juice) | ✓ Ginger-ale or Lemon-lime soda (7-Up® or Sprite®)                |
| ✓ Clear soup broth or bouillon                           | ✓ Jell-O® (no red or purple)                                      |
| ✓ Tea or coffee  | ✓ Popsicles (no red or purple)                                    |

- **At 5PM, drink one 10oz bottle of Magnesium citrate followed by 3 glasses of water**
- **At 10PM, drink the second bottle of Magnesium Citrate followed by another 3 glasses of water.**

## 1 DAY BEFORE YOUR COLONOSCOPY

- Continue the same liquid diet you took the day prior
- Mix the large bottle of Miralax into a pitcher with 64oz of clear liquid, shake until mixed well and place in refrigerator.
- **At 4PM**, take the 4 Dulcolax tablets with water
- **At 6PM**, drink half of the prepared pitcher (32oz) over 1-2 hours
  - It is normal to feel full and bloated during the prep
  - If you experience vomiting, stop taking the prep, wait 30 minutes and then restart and drink it slowly. If you vomit again, call our office (631) 444-5220
- Continue to drink clear liquids throughout the evening



## Stony Brook Medicine

### ON THE DAY OF YOUR COLONOSCOPY

#### **Before leaving home**

- **6 hours before your scheduled procedure time**, drink the second half of the prepared pitcher. Depending on the time of your procedure, this might be in the middle of the night. Correct timing is essential for an optimal bowel prep – set an alarm clock if necessary.
- **If your stools are not clear or yellow liquid by the morning of your procedure, take one Fleet enema, hold it for 15 minutes before going to the bathroom. Take the second enema, hold for 15 minutes before going to the bathroom**
- All prep and clear liquids should be finished 5 hours before the procedure time
- **No gum or hard candies**
- **Take your heart and blood pressure medications with a sip of water on the day of your procedure.**
- **Do not take any insulin or oral diabetes medications**
- Bring a list of your current medications
- Bring your defibrillator/pacemaker card if you have one
- Wear comfortable loose fitting clothing and flat shoes or sneakers.
- Do not wear jewelry or bring any valuables
- Do not wear contact lenses

#### **When you arrive at the hospital**

- Park in the main visitor parking garage. Parking validation will be provided for one vehicle. Valet parking **IS NOT** eligible for validation
- Report to registration on hospital level 5 (lobby) 1 hour before your scheduled procedure time. They will then send you to endoscopy on 14 North.
- You should expect to be at the hospital for approximately 3 hours from time of registration to discharge from the endoscopy suite