

Prepare for Your Colonoscopy: MiraLAX® and Dulcolax®

Colonoscopies can help find colon cancer. You will follow these instructions to get ready for your colonoscopy. This will clean out your colon so that the doctor can do the colonoscopy.

- If you take a blood thinner or an antiplatelet, talk to your doctor to find out if you should stop taking it before your colonoscopy.
 - Some examples of blood thinners: warfarin, Eliquis® (apixaban), Pradaxa® (dabigatran), Savaysa® (edoxaban), Xarelto® (rivaroxaban), Lovenox® (enoxaparin), Fragmin® (dalteparin), Arixtra® (fondaparinux), or heparin.
 - Some examples of antiplatelets: aspirin, Plavix® (clopidogrel), Effient® (prasugrel), Brillinta® (ticagrelor), Pletal® (cilostazol), Persantine® (dipyridamole), Aggrenox® (aspirin/dipyridamole), or Trental® (pentoxifylline).
- You will need to buy the following from the drug store or pharmacy:
 - Dulcolax® (bisacodyl) 5 mg tablets.
 - MiraLAX® (polyethylene glycol 3350) 8.3 oz.
 - Gatorade® 64 oz. that is not red, purple, or orange.



If you have diabetes, see the “Prepare for your Colonoscopy: MiraLAX® and Dulcolax® Patients with Diabetes” sheet.

7 Days Before Your Colonoscopy

- Stop taking iron pills if you take any.
- **Stop eating nuts, seeds, and popcorn.**
- Take all of your regular medicines unless your doctor has told you not to.

Things to Remember for Your Colonoscopy

- **You must come with someone who will bring you home. They must stay for the whole colonoscopy.**
- If you have an inhaler, bring it with you.
- You can brush your teeth or dentures as normal.
- Leave all valuables at home.
- Tell your nurse or doctor if you have a pacemaker, defibrillation device, insulin pump, or any implanted device.
- Bring your photo ID and insurance card.
- Bring a list of your current medicines.

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The Day Before Your Colonoscopy

- Drink at least **8 ounces of clear liquids each hour you are awake** during the day. 8 ounces is the same as 1 cup. You can use a liquid measuring cup to measure.

Examples of clear liquids:

- Pop
- Clear juices
- Propel®
- Water
- Gatorade®
- Popsicle®
- Jell-O®
- Black coffee or tea (plain with sugar or sweetener only)



- **Do not eat or drink anything that is red, orange, or purple.**
- Do not eat any solid food.

At 3:00 PM:

1. At 3:00 pm swallow 4 Dulcolax® tablets.
 2. At 4:00 pm mix the whole bottle of MiraLAX® with the whole bottle of Gatorade® in a pitcher or large container.
 - Shake or mix it until the MiraLAX® is dissolved.
 - You can put it in the refrigerator to keep it cold.
 3. At 5:00 pm drink 8 ounces of the mixture every 10 to 15 minutes until you finish it.
 - You must finish it all by 10:00 pm.
 - If you feel nauseous, stop for 30 minutes and then try again. It is very important to drink everything.
 - Try to drink each glass all at once, not in small sips.
- You should have bowel movements often once you start drinking the mixture. These can last for 2 hours after you finish drinking the mixture.
 - You can use moist wipes to help stop soreness.

The Day of Your Colonoscopy

- Take all of your medicine with just 1 or 2 sips of water.
- You can brush your teeth or dentures as normal.
- You can drink clear liquids until 3 hours before your colonoscopy.