

PREPARING FOR YOUR COLONOSCOPY WITH THE 1.5 MIRALAX SPLIT DOSE PREPARATION

Follow instructions provided to ensure a safe and effective colonoscopy.

This preparation is designed to clean out your colon so your gastroenterologist can see what is inside and find any abnormalities, such as a colon polyp (growth).

To watch a video of these instructions, visit riversideonline.com/colonprepeextended.

Things you will need to prepare for your procedure:

- One bottle of Miralax or generic Polyethylene Glycol 238 grams (14 doses)
- One additional bottle of Miralax or generic Polyethylene Glycol 119 grams (7 doses)
- Three bottles of Gatorade, 28 ounces each. No RED or PURPLE. If you are diabetic, you may have Gatorade Zero or Gatorade G2.
- Three Dulcolax or generic Bisacodyl 5 mg tablets
- A responsible adult to drive you to your procedure, remain with you at the facility and drive you home. ***If you arrive without a responsible adult to drive you, your procedure will be cancelled, or you will not be able to have any sedation for your procedure.***

IF YOU ARE TAKING BLOOD THINNERS, clearance will be needed from your prescribing health care provider, who will advise how many days BEFORE your procedure you should stop taking it.

Blood thinner and anticoagulant medications such as Coumadin, Plavix, Xarelto, Effient or others should be reviewed with your prescribing health care provider who will advise the number of days you should STOP taking the medication before your procedure.

7 Days Before Your Procedure There are **CERTAIN INJECTABLE MEDICATIONS GIVEN FOR WEIGHT LOSS OR DIABETES THAT WILL NEED TO BE STOPPED 7 DAYS PRIOR TO YOUR PROCEDURE.** Examples of these medications are: Ozempic or Rybelsus (semaglutide), Trulicity (dulaglutide), Victoza (liraglutide), Bydureon or Byetta (exenatide), Adlyxin (lixisenatide), or Symlin (pramlintide)

Please continue to take your insulin and oral diabetic medications. *You will not take these medications on the day of your procedure.* You may, however, require dosage adjustment leading up to your procedure therefore you should speak to your prescribing physician.

5 Days Before Your Procedure

- STOP taking all oral iron, vitamins, fiber supplements or herbal products.
- Eat a normal diet until two days before your procedure.
- Keep taking prescriptions, including blood pressure and heart medications. Take NSAIDs, aspirin or pain medications if needed.

4 Days Before Your Procedure **STOP taking all SGLT-2's.** Meds that fall under SGLT-2 are: empagliflozin (Jardiance), empagliflozin / metformin (Synjardy), empagliflozin / linagliptin (Glyxambi), empagliflozin / linsigliptin / metformin (Trijardy XR), canagliflozin (Invokana), canagliflozin / metformin (Invokamet, Invokamet XR), dapagliflozin (Farxiga), dapagliflozin / metformin (Xigduo XR), dapagliflozin / saxagliptin (Qtern), ertugliflozin (Steglatro), ertugliflozin / metformin (Segluromet), ertugliflozin / sitagliptin (Steglujan), bexagliflozin (Brenzavvy)

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**2 Days Before
Your Procedure**

START a low residue diet for all meals, breakfast through dinner.

FOODS YOU MAY EAT:

- | | | |
|-------------|------------------------|-------------------------|
| ✓ Butter | ✓ Plain/vanilla yogurt | ✓ White bread |
| ✓ Cheese | ✓ Popsicles | ✓ White chicken meat |
| ✓ Eggs | ✓ Salt and pepper | ✓ White mashed potatoes |
| ✓ Fish | ✓ Soup | ✓ White pasta noodles |
| ✓ Ice Cream | ✓ Sugar | ✓ White rice |
| ✓ Macaroni | | |

FOODS YOU SHOULD NOT EAT:

- ✗ Fruits
- ✗ Nuts
- ✗ Red meat
- ✗ Seeded jellies
- ✗ Seeds
- ✗ Vegetables

**1 Day Before
Your Procedure**

- START a clear liquid diet and drink clear liquids all day.
- DO NOT HAVE FOOD, cream, milk, alcohol or RED or PURPLE liquids.

CLEAR LIQUIDS YOU MAY HAVE:

- | | | |
|-------------------------------|-------------|--|
| ✓ Broth or bouillon | ✓ Jell-O | ✓ Soda or cola (regular or diet), 7UP, Sprite, ginger ale, orange soda |
| ✓ Apple or white grape juices | ✓ Kool-Aid | ✓ Tea or coffee with sugar or sugar substitute (NO cream or milk) |
| ✓ Crystal Light | ✓ Popsicles | ✓ Water |
| ✓ Hard candies | ✓ Powerade | |

In the morning the day before your procedure:

Pour out about 4 ounces of Gatorade from each bottle. Mix 7 capfuls of Miralax into each of the three bottles of Gatorade. Shake well and place in the refrigerator to chill.

- **At 9:00 a.m. the day before your procedure take one Dulcolax tablet with a full cup of water. Then start drinking the first bottle of Gatorade Miralax mix.**

You will want to be at home or near a bathroom at this time. Finish the whole bottle and avoid drinking the bottle too quickly.

- **At 4:00 p.m. the day before your procedure take two Dulcolax tablets with a full cup of water.**
- **At 6:00 p.m. the day before your procedure start drinking the second bottle of Gatorade Miralax mix.**

Continue to drink clear liquids to stay hydrated.

**The Day of
Your Procedure**

- You will be provided an arrival time for your procedure.
- **5 hours before your arrival time, drink the third bottle of Gatorade and Miralax mix.** Drink and finish within two hours.
- **3 hours before your arrival time, STOP drinking.** Do not have anything else by mouth. NO water, candy, gum, mints, cough drops, etc.
- **Arrive on time at the facility with your responsible adult.**
- Wear comfortable clothing and leave your valuables (jewelry, watch, piercings, etc.) at home.
- Do not wear lotion or powder on chest and arms.

✓ If you are prescribed heart and blood pressure medications, any pain or anxiety medications, thyroid or respiratory medications, TAKE with a sip of water.

✓ DO NOT TAKE diabetes medications.

✓ The responsible adult must stay on-site during your procedure the entire time.

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**For questions during business hours, call your Gastroenterology office to speak with the nurse.
For questions after hours, call Riverside Nurse at 757-595-6363 or 1-800-675-6368.**

IMPORTANT

If you experience an unexpected health problem before your procedure, please call our office right away.

We may need to talk with your health care provider before your procedure or schedule your procedure for a later date. You should avoid having elective colonoscopy procedures for six to nine months after having a heart attack or stroke.

Your gastroenterologist will speak with you in the recovery room about your initial results.

The next business day our office will call to check on you.

Seven to 10 days after your procedure you will get a phone call or letter from our office with your laboratory (pathology) results. For serious findings, your gastroenterologist will call you directly.

Your procedure results will be part of your electronic medical record.

You can view your results using Riverside MyChart, a free, secure online resource to help you manage your health. Sign up at riversideonline.com/mychart.

It is important to repeat your colonoscopy at the recommended interval given by your physician.

The risk of colorectal cancer is higher if you have a family history of polyps (growths) or a family history of colorectal cancer. When you are at higher risk for colorectal cancer, you may be screened earlier than age 45. Therefore, it is important to share your results with your family (parents, siblings and children) so they can be informed on when they need to initiate their colorectal screening.

PROCEDURE LOCATIONS

Riverside Gastroenterology Specialists
Hampton Surgery Center, Suite 1000
850 Enterprise Parkway
Hampton, VA 23666
757-599-6333

Riverside Regional Medical Center
Pavilion (Visit check-in desk first)
500 J. Clyde Morris Boulevard
Newport News, VA 23601
757-534-6280 or 757-599-6333

Riverside Gastroenterology Specialists
Newport News Clinic
101 Philip Roth Street
Newport News, VA 23606
757-599-6333

Riverside Doctors' Hospital
Williamsburg
1500 Commonwealth Avenue
Williamsburg, VA 23185
757-585-2200

Riverside Doctors' Surgery Center
120 Kings Way, Suite 1500
Williamsburg, VA 23185
757-221-0750

Riverside Walter Reed Hospital
7519 Hospital Drive
Gloucester, VA 23601
804-210-1703