



Preparing for your Colonoscopy Procedure

Extended MiraLAX Two-Day Prep

Please read all of the instructions in this packet at least 1 week before your colonoscopy.

Thank you for choosing Mass General Brigham for your colonoscopy. Please follow these instructions. If you do not follow them your colonoscopy may be cancelled.

Gastroenterologist name:

Patient name:

Date and arrival time:

If the procedure is rescheduled, this date and time will no longer be accurate.

Procedure Location:

Please note: There is more than one location for MGB colonoscopy procedures.

Contact information: Triage team #

Schedulers #

Table of Contents:

Page 2: What is a colonoscopy? Pre-procedure checklist
Page 3: What to bring to your procedure; Medication instructions
Page 4: Colonoscopy shopping list
Page 5: Colonoscopy shopping list continued
Page 6: Prep instructions
Page 7: Prep instructions continued
Page 8: Tips for taking the prep, Post colonoscopy instructions
Page 9: Post colonoscopy instructions continued

What is a colonoscopy?

A procedure to look inside your colon and examine the lining. It is used to look for colon cancer, find and remove polyps to prevent cancer, and to evaluate other symptoms like blood in your stool or diarrhea.

Why is taking the colonoscopy prep correctly important?

Food and liquids can stay in your body for a long time. If there is food still in your colon when you get your colonoscopy, the food can get in the way of seeing the lining of your colon. If the doctor is not able to see the lining, they may not be able to see problems like polyps or tumors.

The doctor will get the best pictures of your colon when it is completely empty.

The doctor will be able to tell right away if your colon is empty. If your colon is not completely empty, your doctor will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

Different people may require different types of preparations to clean out their colon. Patients with constipation or whom had a poorly prepped colonoscopy before may need longer or stronger preps. **If you have questions about which laxative prep you should take or if you do not have daily bowel movements, please contact our triage team (phone number on front page).**

Pre-procedure checklist:

- If you have any questions as you prepare for your procedure, please contact the triage team.
- If you have questions about costs for the procedures, please contact your insurance company.
- **Please arrange for a responsible adult (18 years or older) to take you home after your procedure. If you do not do so, your procedure may be canceled. Public transit, the RIDE, a taxi, or rideshare services such as Uber, Lyft, etc. are not acceptable without an escort.**

What to bring to your procedure:

- Name and phone number of the person who will take you home. They should be available to pick you up within 30 minutes of being called.
 - Photo identification
 - DO NOT bring jewelry other than wedding rings.
-

Medication guide:**Anticoagulants (blood thinners):**

If you are taking an anticoagulant or anti-platelet medication (see the list below), you should talk to your doctor about what to do with the medication. If you have not talked to your doctor about what to do, please contact our triage team.

- Examples of blood thinners and antiplatelet medications: Warfarin (Coumadin), Apixaban (Eliquis), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Endoxaban (Lixiana), Clopidogrel (Plavix), Prasugrel (Effient), Ticagrelor (Brilinta)

Aspirin: You may continue to take Aspirin prior to your procedure.

Diabetes medications:

- If you take Insulin, please ask your primary doctor or the doctor that prescribes this medication to you for guidance.
- Oral medications:
 - SGLT2 inhibitors (empagliflozin – Jardiance, canagliflozin – Invokana, dapagliflozin – Farxiga): Please stop taking at least 3 days prior to your procedure.
 - Metformin: Please do not take your medicine the morning of your procedure.
 - Other oral/pill diabetes medications: Please take ½ the dose the day before your procedure and do not take your medication the morning of your procedure.
 - If you have additional questions about these medications, please contact our triage team.

GLP1- agonists (for weight loss or diabetes):

- (Semaglutide - Ozempic/Wegovy, Dulaglutide - Trulicity, Liraglutide - Victoza, Tirzepatide - Mounjaro, Zepbound): Continue to take your medication as scheduled. Please start a clear liquid diet the day before your procedure starting at 7:30 AM.

Oral Iron: Please stop taking at least 5 days prior to your procedure.

Colonoscopy shopping list:

Laxative:

For your two-day Miralax bowel prep, please get the following:

- **One small bottle** of Miralax (or a store brand called polyethylene glycol). It should be the **119 gram (4.1 ounce)** size. You can find this at any grocery store or pharmacy.
- **One large bottle** of Miralax (or polyethylene glycol). This one should be the **238 gram (8.3 ounce)** size.



Gatorade/electrolyte drink:

- This is used to mix with your Miralax.
- Purchase 3 x 32 oz bottles or equivalent of Gatorade or electrolyte drink.
- Avoid red- or purple-colored drinks as this can interfere with the Colonoscopy.

Clear liquids:

- Clear liquids are items that are see-through and liquid at room temperature.
- They are used to help stay hydrated during your preparation as you will not be able to eat solid food the day before your procedure.

- Please avoid any red or purple liquids as this can interfere with the colonoscopy.
- Here are examples of clear liquids:
 - Tea or coffee (without milk)
 - Fat-free clear broth
 - Apple Juice or white grape juice
 - Soda
 - Electrolyte drinks like Gatorade/Powerade
 - Jell-O



Examples of clear liquids to purchase (you do not need to purchase these exact items).

Optional products to buy:

- To help with anal irritation that may occur pre- or post-procedure, consider buying:
 - Baby wipes
 - Vaseline
- If you currently have hemorrhoids or have a history of hemorrhoids, consider buying:
 - Hemorrhoid cream
 - Tucks pads



Prep instructions:

- 1) Only eat **low fiber** foods starting 3 days before your procedure.
 - **Low Fiber Food Recommendations:**
 - **Foods to avoid:** Popcorn, seeds, nuts, salad, corn, beans, peas, whole grain or whole wheat breads, oatmeal, quinoa, raw fruits, or raw vegetables until after your procedure.

- **Foods to eat instead:** Well-cooked fruits and vegetables, fish, poultry, lunch meat, eggs, tofu, dairy products, creamy nut butter, white rice, breads, and grains made with refined white flour (rolls, muffins, bagels, pasta), low fiber cereals (puffed rice, cream of wheat, corn flakes).

2) 2 days prior to your procedure:

Please mix 7 scoops/capfuls (119gm) of MiraLAX prep in 32 oz of Gatorade or electrolyte drink and drink between 4-8 pm.

3) Only drink clear liquids for the whole day before your procedure, starting in the morning.

- For example, if your procedure is scheduled for Wednesday, drink only clear liquids starting Tuesday morning). You will drink the clear liquids along with your prep to stay hydrated.
 - Please avoid any red or purple liquids. See recommendations above about what clear liquids are (page 5).

4) Start the 1st half of the laxative prep at 7pm the night before the procedure. If you are concerned you will not be able to drink the prep in 2-3 hours, you can start drinking it earlier.

MiraLAX -

Mix 238gm (1 bottle) of MiraLAX in 64 oz of Gatorade/clear liquid. Drink ½ of that prep and save the other half for later. Recommend drinking 1 cup (around 8 oz) every 15 minutes to finish half of the prep in 2-3 hours.

5) Finish the 2nd half of the laxative prep 5 hours before your arrival time. If you are concerned you will not be able to drink the prep in 2-3 hours, you can start drinking it earlier.

MiraLAX-

Drink the second half of your MiraLAX/Gatorade solution. Recommend drinking 1 cup (around 8 oz) every 15 minutes to finish half of the prep in 2-3 hours.

6) 2 hours before your scheduled arrival time, please stop drinking any liquids, including gum, candy or cough drops. You may take your regular medications (unless instructed otherwise by a doctor/prescriber) with a small sip of water.

Tips for taking your prep:

- If you start to feel sick to your stomach, wait 30 minutes and then start drinking smaller amounts of the laxative prep.
- Try drinking the laxative through a straw and chill the prep in a refrigerator prior to consuming.
- If you don't like the taste of the laxative, try chewing gum or sucking on hard candy in between drinks.
- Use baby wipes, Vaseline, or hemorrhoid cream if you get sore from moving your bowels.

Post colonoscopy instructions:

- Most people need to rest at home for the remainder of the day.
- Do not drive or operate any machinery on the day of your procedure. Avoid making any important decisions. Avoid drinking alcohol the day of your procedure.
- You can go back to eating and taking medications as you normally do right away unless otherwise told by your doctor.
- If you have a Patient Gateway account, you will see your procedure summary and pathology results as soon as they are finalized. Your provider will prepare a letter to explain the results within 2-3 weeks after the procedure.
- If you do not have Patient Gateway a letter will be mailed to your home.