



# Procedure Reminders

## Colonoscopy/Flexible Sigmoidoscopy

**Appointment Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Your **arrival time is 45 minutes prior to your procedure time**. This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

**Follow all instructions carefully, as improper preparation may result in your procedure being rescheduled.**

Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office at the number listed below.
- **Alcohol Consumption:** Do not consume any alcohol during your procedure preparation.
- **Jewelry/valuables:** We do not provide a secure area for these items.
- **Medications:** Take all necessary medications at least 4 hours prior to your arrival time.
  - **Diabetes and Weight Loss Medications:** Stop taking the below medication for the recommended time period prior to your procedure. For injectable diabetic medication not listed below, contact the prescribing physician regarding instructions for the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication the day of the procedure.**

**Do not take any of these the day of procedure:**

Adlyxin (Lixisenatide) Daily  
Byetta (Exenatide IR) Daily  
Rybelsus (Semaglutide) Daily  
Saxenda (Liraglutide) Daily  
Victoza (Liraglutide) Daily

**Stop any of these 1 week prior to procedure:**

Bydureon BCise (Exenatide ER) Weekly  
Ozempic, Wegovy (Semaglutide) Weekly  
Mounjaro Weekly  
Trulicity (Dulaglutide) Weekly

- **Blood Pressure Medications:** DO NOT SKIP any doses of your blood pressure medication.
- **Iron Medications:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinner Medication:** You may remain on aspirin unless otherwise instructed. For prescription blood thinners, contact the physician who prescribes that medication to make sure it is okay to stop taking it for the recommended time period prior to your procedure. If you are on a blood thinner that is not listed, contact the prescribing physician for instructions.

**Aggrenox/Plavix:** 5-7 days

**Arixtra:** 24 hours

**Brilinta/Coumadin/Jantoven:** 5 days

**Effient:** 7 days

**Eliquis:** 48 hours

**Pletal/Persantine:** 48 hours

**Pradaxa:** 48 hours

**Savaysa:** 1-3 days

**Xarelto:** 24-48 hours



## Standard Miralax Colonoscopy Preparation Instructions

### *Items to Purchase*

- Three Dulcolax (Bisacodyl) 5mg oral laxative tablets
- One 238-gram bottle of Miralax powder (polyethylene glycol 3350)
- One 119-gram bottle of Miralax powder (polyethylene glycol 3350)
- Your choice of one of the following clear fluids (NO RED):
  - Option 1: Hydralyte drink mix with 96 ounces of water (view [hydralyte.com/where-to-buy](http://hydralyte.com/where-to-buy) for retailers)
  - Option 2: 96 ounces of Gatorade or Powerade
  - Option 3: Crystal Light powdered drink mix with 96 ounces of water
  - Option 4: 96 ounces of Propel or Vitamin Water
  - Option 5: 96 ounces of Apple or White Grape Juice

### *3 Days Before Procedure*

- ✓ Avoid high-fiber foods, whole grains, nuts, seeds, popcorn, raw or dried fruits and vegetables, salads, etc.

### *Day Before Procedure Beginning at 12:01 AM*

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
  - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
  - **DO NOT** drink anything **red** in color OR **dairy** products.
- ✓ Mix **both** bottles of the Miralax powder (totaling 357 grams) into the drink solution until dissolved. Chill in the refrigerator.
- ✓ **3:00 pm:** Take two Dulcolax 5mg tablets with water.
- ✓ **5:00 pm:** Begin drinking Miralax solution. Take nine 8-oz cups of Miralax over the next 2-3 hours.
  - If you become nauseated, stop for 45 minutes then resume. Do not try to drink the solution too quickly.
  - If you become chilled, try drinking the solution at room temperature or you may drink heated broth, tea, or coffee.

### *Day of Procedure*

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Take one Dulcolax 5mg oral tablet and drink the remainder of the Miralax solution over the next two hours.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Miralax solution.
- ✓ **ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)