



Patient:

COLONOSCOPY

DATE: PROCEDURE TIME: PLEASE ARRIVE AT:

MIRALAX /DULCOLAX PREP

- If you are scheduled at **Northeast Endoscopy Center, 59 Lowes Way, Lowell, MA**. Please arrive 45 minutes prior to your procedure. If you are scheduled at 7:30 AM, please arrive at 7:00 AM.
- If you are scheduled at **LOWELL General Hospital Main Campus, 295 Varnum Avenue, Lowell, MA**. Please arrive 1 ½ hours prior to your procedure. If you are scheduled at 8:00 AM, please arrive at 7:00 AM.
- **Preparation:** Please pick up your prep from the pharmacy upon receipt of the instruction. Pharmacy will only hold prescription for 5 days.

A family member or friend **MUST** drive you to and from your procedure. You will not be able to work or drive the day of your procedure.

If you need to reschedule or cancel this procedure, you must do so at least 3 business days prior to avoid a possible \$150 cancellation fee.

Please call our office if you are a diabetic patient or patient taking blood thinners for additional specific instruction.

Please follow instruction provided below and disregard any instruction provided by the manufacturer/ pharmacy.

- **7 days prior** to the procedure **STOP** Aspirin, Advil, Aleve, Celebrex, Motrin, Ibuprofen, Fish Oil and Iron supplements. Tylenol or other acetaminophen-based products are OK.
- **7 days prior** to the procedure **STOP** GLP-1 agonists medications used for diabetes or weight loss. (Examples: Trulicity, Ozempic, Wegovy, Zepbound, Mounjaro, etc)
- **If you smoke, please stop smoking 2 days prior to your procedure.**
- **Do not use marijuana eight hours prior to procedure as it could cause complications/ adverse effects.**
- **3 days prior** to the procedure no fruits or vegetables with skins or seeds.
- **The day before the procedure** upon awakening **DO NOT EAT ANY SOLID FOODS OR CONSUME MILK OR DAIRY PRODUCTS.**
- **CLEAR LIQUIDS DIET ONLY.** Clear liquids you may have are apple juice, water, Coke, Sprite, Ginger Ale, black coffee, black tea, Gatorade, PowerAde, white grape juice, clear chicken or beef bouillon, popsicles, Jell-O. (No red or purple). Cranberry juice is allowed because it contains no artificial dyes.

- Please try to drink some clear fluids 4-8 ounces every 30 minutes all day.
- At 3pm the day before the procedure, take 4 Dulcolax tablets.
- At 6pm the day before the procedure mix the entire container of MiraLAX (238 grams) with clear liquids (64 ounces). Drink 1 (ONE) 8-ounce glass every 10-15 minutes until the ½ remaining for the morning of the procedure.
- At 3am the day of the procedure drink the remaining MiraLAX approximately ½ of the bottle. Drink 1 (ONE) 8-ounce glass every 10-15 minutes until ½ of the bottle is consumed.
- You can **NOT** have any liquids from this point forward until after your procedure is completed.
- Some medications may be taken with a small amount of water just before leaving for the hospital or endoscopy center. Blood pressure medication should be taken the morning of the procedure.
- If you develop significant nausea, vomiting or abdominal pain, **STOP** the preparation for 30 minutes then **RESUME**. If symptoms recur or if you have any other problems with the preparation, please contact our office immediately as there is always a physician on call.