

# TWO-DAY

## Colonoscopy Preparation (Over-the-Counter)



UW Medicine  
VALLEY  
MEDICAL CENTER

### ☐ ENDOSCOPY CENTER

17820 Talbot Rd S  
Renton, WA 98055

425.690.3636

*Park in lot at the center.*

### ☐ ENDOSCOPY (HOSPITAL)

400 South 43rd St  
Renton, WA 98055

*Park in South Tower Garage (Parking G).  
On Level P-2, enter the Special Procedure  
Care Unit (SPCU) reception area and  
check in.*

### APPOINTMENT DATE

### CHECK IN TIME

**! IMPORTANT: BECAUSE THIS IS A SEDATED PROCEDURE, YOU MUST HAVE A DRIVER TAKE YOU HOME.**

### Medications and Precautions

- ☐ No anti-inflammatories one day before procedure such as Advil (ibuprofen) or Aleve (naproxen)—**Tylenol (acetaminophen) is okay.**
- ☐ Low fiber diet, no multi-vitamins, iron, calcium supplements, seeds, or nuts for **7 days before procedure.**
- ☐ Continue heart and blood pressure medications and aspirin—**unless your doctor tells you to stop.**
- ☐ Hold blood thinners such as \_\_\_\_\_ for \_\_\_\_\_ days before procedure.
- ☐ **Diabetes medicine—take 1/2 dose of insulin/oral diabetes medicine the evening before procedure. Hold insulin and/or oral diabetes medications the day of the procedure.**
- ☐ Hold GLP-1 receptor agonists used for diabetes or weight loss, such as **semaglutide** (Ozempic, Rybelsus, Wegovy), **liraglutide** (Victoza, Saxenda), **dulaglutide** (Trulicity), **tirzepatide** (Mounjaro), or \_\_\_\_\_ as follows:
  - If you are on weekly dosing, your last dose must be a minimum of **one week** prior to procedure.
  - If you are on daily dosing, your last dose must be a minimum of **24 hours** prior to procedure.

### Buy These Items at the Pharmacy

- ☐ 4.1 oz bottle of Miralax powder
- ☐ 8.3 oz. bottle of Miralax powder
- ☐ Dulcolax (bisacodyl) stimulant laxative tablets, 5 mg, 4 tablets total (NOT stool softeners)
- ☐ 32 oz. of Gatorade (one 32 oz. bottle OR two 16 oz. bottles) NO RED
- ☐ 64 oz. of Gatorade (one 64 oz. bottle OR two 32 oz. bottles) NO RED
- ☐ 10 oz. bottle of Magnesium Citrate (Lemon-Lime); **if you have congestive heart failure (CHF) or kidney/renal failure—do NOT buy**

## TWO DAYS BEFORE YOUR PROCEDURE

1. **DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY; NO SOLID FOODS; NO MILK PRODUCTS OR NON-DAIRY CREAMER; NO ALCOHOLIC BEVERAGES.**

### APPROVED

**Beverages:** tea, coffee, soda/carbonated beverages, fitness water, sports drinks

**Fruit juices:** apple, cran-apple, white grape, lemonade (no pulp)

**Desserts:** flavored Jell-O, popsicles without pulp

**Bouillon:** clear, fat-free bouillon **ONLY**

**Misc:** salt, sugar



### AVOID

**No RED or PURPLE** colors

**No solid food**

**No milk products or non-dairy creamer**

**No alcoholic beverages**

**No stock, broth, or soup** (store bought or homemade)



2. As a comfort measure, apply Vaseline, A&D ointment, or Desitin to the anal area before laxative use.

3. **At 6 PM**, mix the 4.1 oz. bottle of Miralax with 32 oz. of Gatorade. Drink an 8 oz. glass of the solution every 15 minutes until gone.



## THE DAY BEFORE YOUR PROCEDURE

1. **DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY; NO SOLID FOODS; NO MILK PRODUCTS OR NON-DAIRY CREAMER; NO ALCOHOLIC BEVERAGES.**

2. As a comfort measure, apply Vaseline, A&D ointment or Desitin to the anal area before laxative use. It is normal to pass yellow/green liquid stool after the prep.



3. **At 12 PM**, drink one 10 oz. bottle of Magnesium Citrate (Lemon-Lime). **Do NOT drink if you have congestive heart failure or kidney/renal failure.** You may mix it with Sprite, 7-up or ginger ale.



4. **At 3 PM**, take two 5 mg Dulcolax tablets with a glass of water.

## THE DAY BEFORE YOUR PROCEDURE (continued)



5. At 5 PM, mix together the **ENTIRE BOTTLE** (8.3 oz./ 238 g) of Miralax with **64 oz.** of chilled Gatorade.



6. Drink an 8 oz. glass of the Miralax solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.

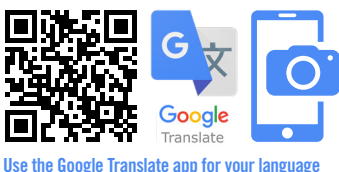


7. At 9 PM, take two 5 mg Dulcolax tablets with a glass of water.

## DAY OF PROCEDURE



1. At \_\_\_\_\_ (6 hours before your scheduled procedure), drink an 8 oz. glass of the Miralax solution every 15 minutes until you have finished drinking the **LAST HALF OF THE MIXTURE (32 oz.)**.
2. **CLEAR LIQUIDS ONLY UP TO 2 HOURS BEFORE YOUR PROCEDURE TIME, THEN NOTHING BY MOUTH.**



UW Medicine | VALLEY MEDICAL CENTER

