

# AFTERNOON

## Colonoscopy Preparation (Over-the-Counter)



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

### 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.**
- 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 blood thinners such as \_\_\_\_\_ for \_\_\_ days before 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.

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

### Buy These Items at the Pharmacy

- 8.3 oz. bottle of Miralax powder
- Dulcolax (bisacodyl) stimulant laxative tablets, 5 mg, 4 tablets total (NOT stool softeners)
- 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**

## THE DAY BEFORE YOUR PROCEDURE

1. YOU MAY EAT NORMALLY THROUGH LUNCH.

2. AFTER 4 PM, DRINK ONLY CLEAR LIQUIDS.



### 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)**



3. 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.



4. **At 7 PM**, mix together the **ENTIRE BOTTLE** (8.3 oz./ 238 g) of MiraLax with **64 oz.** of chilled Gatorade. You will drink this between 6 AM and 9 AM tomorrow.



5. **At 7 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.

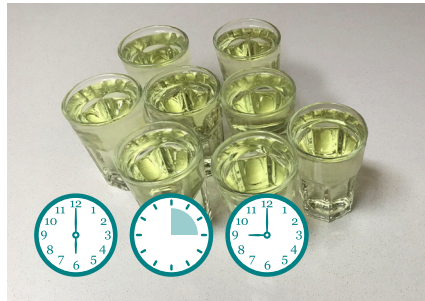


6. **At 9 PM**, take two 5 mg Dulcolax tablets with a glass of water.

## DAY OF PROCEDURE



1. **At 5 AM**, take two 5 mg Dulcolax tablets with a glass of water.



2. **At 6 AM**, start drinking an 8 oz. glass of the MiraLax and Gatorade solution every 15 minutes until it is gone. Finish by 9 AM. It is normal to pass yellow/green liquid stool following the prep.

3. **CLEAR LIQUIDS ONLY UNTIL \_\_\_\_\_ (UP TO 4 HOURS BEFORE YOUR SCHEDULED PROCEDURE), THEN NOTHING BY MOUTH.**



**WE ARE valley** VALLEY MEDICAL CENTER

