Washington Health Medical Group
Gastroenterology

Arun Srivatsa, MD
Annamalai Veerappan, MD
Zaid Imam, MD
2243 Mowry Avenue, Suite F
Fremont, CA 94538
Phone: 510-248-1843

MIRALAX INSTRUCTIONS

Your Colonoscopy has been scheduled with Dr._____

On _____, _____, _____ at _____am/pm
Day Month Date Arrival Time

At:

☐ **Washington Hospital**
Admitting Department
2000 Mowry Avenue
Fremont, CA
510-797-1111

☐ **Washington Outpatient Surgery Center**
First Floor
2299 Mowry Avenue
Fremont, CA
510-791-5374

If you need to cancel or reschedule your procedure, please call your procedure scheduler Sunita Prasad 510-248-1847 or Jenevie Garcia 510-248-1846 Immediately.

Shopping List for Prep:

- **14 packet box of MiraLAX "Mix-In Pax" (17g in each packet)**

Recommended List for Clear Liquid Diet:

- **Water**
- **Bouillon (clear broth)**
- **Jell-O gelatin** (not pudding)
- **Popsicles**
- **Carbonated Soda**
- **Ginger Ale**
- **Black Tea**
- **Black Coffee**
- **Gatorade**
- **Crystal Light**
- **Coconut Juice**
- **Sugar and Sugar Substitutes**
- **Honey**
- **Syrup**
- **Clear Hard Candy**
- **Clear Fruit Juices** *(white grape, apple, lemonade)*

Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, or blue colored liquids.

Recommended List for Comfort:

- **Desitin, A&D Ointment, Vaseline** *(apply to anal area to relieve discomfort)*
- **Baby Wipes** *(use instead of toilet paper to reduce irritation)*

IMPORTANT: There are Medications which MUST be Stopped Prior to your Colonoscopy.

- **Refer to the Separate Medication Instructions on Pages 4 and 5.**
- **Always Discuss Medication Concerns with Your Doctor.**

THREE DAYS PRIOR TO THE COLONOSCOPY:

- **DO NOT EAT:**
  - **Legumes** **Peas** **Carrots**
  - **Corn** **Tomatoes** **Watermelon**
  - **Nuts**

DAY BEFORE THE COLONOSCOPY:

- **DIET:**
  - **ALL DAY - Clear Liquids Only** *(as described on the first page of these instructions)*
  - **Any combination of liquids is allowed**
  - **Be creative for "meals"**

Stay hydrated! YOU NEED TO DRINK AT LEAST 3 LITERS OF FLUIDS!
Drink enough fluids to avoid dehydration while undergoing the colonoscopy prep

- **At 5:00pm:**
  - **Mix seven MiraLAX packets into 1 liter of water**
  - **Drink the entire liter over the course of 1-2 hours**
  - **Within a few hours you can expect frequent bowel movements and diarrhea**
  - **Until Bed Time:**
    - **Continue your Clear Liquid Diet to prevent dehydration and ensure good urine output by drinking 2-3 liters of clear liquids**

DAY OF THE COLONOSCOPY:

- **WAKE UP: 5 hours before the scheduled time of your colonoscopy**
  - **If your colonoscopy is scheduled early in the morning you will need to get up in the early morning hours**
- **IMMEDIATELY:**
  - **Mix seven MiraLAX packets into 1 liter of water**
  - **Drink the entire liter over the course of 1-2 hours**
  - **The timing of this second dose is important - Do NOT skip this step**

- **3 HOURS PRIOR to your Colonoscopy scheduled time:**
  - **You should have completed drinking the second liter of MiraLAX**
  - **Have nothing to Eat or to Drink until your colonoscopy is completed.**

This completes your bowel prep

- **Take any oral medications approved by your physician with a tiny sip of water up to 3 hours before your procedure.**

WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:

- **More diarrhea**
- **Passing of clear, colored liquid**
- ***IF* your stool is murky and brown please inform the nurse upon admission**
    - **Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep**



AFTER THE COLONOSCOPY:

- **You may resume your normal diet**
- **Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output**
- **You MUST have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge.**

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS (510) 248-1843

MEDICATION INSTRUCTIONS

Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.

ANTI-PLATELET – Discontinue 5 Days Prior to Colonoscopy, unless otherwise specified by your physician

- ☐ Clopidogrel (Plavix)
- ☐ Ticagrelor (Brilinta)
- ☐ Prasugrel (Effient)
- ☐ Ticlodipine (Ticlid)
- ☐ Eptifibatide (Integrilin)

ANTI-COAGULANT – Discontinue 4 Days Prior to Colonoscopy

- ☐ Warfarin (Coumadin)

ANTI-COAGULANT – Discontinue 2 Days Prior to Colonoscopy, unless otherwise specified

- ☐ Rivaroxaban (Xarelto)
- ☐ Dabigatran (Pradaxa)
- ☐ Apixaban (Eliquis)

ANTI-COAGULANT – Discontinue 1 Day Prior to Colonoscopy

- ☐ Heparin
- ☐ Enoxaparin (Lovenox)

ANTI-COAGULANT – Ask the Prescribing Doctor When to Discontinue

- ☐ Edoxaban (Savaysa)
- ☐ Fondaparinix (Arixtra)

OTHER MEDICATIONS – Discontinue 5 Days Prior to Colonoscopy

- ☐ Fish Oil
- ☐ Iron Supplements
- ☐ Vitamin E
- ☐ Hydrocil
- ☐ Metamucil
- ☐ Gingko
- ☐ Other Bulk Preparations
- ☐ Turmeric (Curcumin)

FOR 5 DAYS PRIOR TO COLONOSCOPY – You may take TYLENOL if needed.

ROUTINE PRESCRIBED MEDICATIONS – Continue taking as prescribed.

FOR 3 DAYS PRIOR TO COLONOSCOPY– Stop JARDIANCE and FARXIGA

DIABETES MEDICATIONS – Discuss with your Endocrinologist, however normally:

- **The plan would be:**
  - **Day Before Colonoscopy: take half the normal dose of Diabetes Medication and/or Insulin**
  - **Day of the Colonoscopy: DO NOT take your diabetes medication**

Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:

- **Dulaglutide (Trulicity)**
- **Exenatide (Byetta)**
- **Exenatide extended-release (Bydureon)**
- **Liraglutide (Victoza)**
- **Lixisenatide (Adlyxin)**
- **Semaglutide injection (Ozempic)**
- **Semaglutide tablets (Rybelsus)**
- **Tirzepatide (Mounjaro)**
- **Wegovy (Semaglutide)**
- **Zepbound**

If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.

If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.