

Dr. Donald Walters Dr. Krysia Zancosky Dr. Faye Abboud

MIRALAX® (Glycolax) / DULCOLAX (Bisacodyl) TABLET BOWEL PREP

NAME: _____ PROCEDURE DATE: _____

LOCATION:

- Benbrook Medical Center, Building #1, 102 Technology Dr., Butler, PA 16001
- Butler Memorial Hospital, One Hospital Way, Butler, PA 16001

Take all cardiac, blood pressure, thyroid, seizure, and/or acid suppression medications as usual at least two (2) hours prior to your procedure with just a sip of water. DO NOT skip these medications unless the prescribing physician instructed you to do so. You may take anxiety medication, as needed.

If you are taking any of the blood thinners listed below, you **MUST** call and inform the prescribing provider that you are referred for a colonoscopy. **Please contact the prescribing physician at least one week prior to the scheduled procedure to ask if it is safe to stop your blood thinner.** Also, clarify when you should stop and restart the medication. If your provider instructs you NOT to stop the medication, please notify our office immediately.

Pradaxa / Dabigatran	Brilinta / Ticagrelor	Coumadin / Warfarin / Jantoven
Eliquis / Apixaban	Xarelto / Rivaroxaban	
Plavix / Clopidogrel	Effient / Prasugrel	

If you are taking an iron supplementation or iron-containing medication including a multi-vitamin, you **MUST stop** taking these medications seven (7) days prior to your procedure.

If you are taking Concerta, Tepanil or Tenuate (Diethylepropion), you **MUST hold** these medications for seven (7) days prior to your procedure. *Please check with your prescribing provider before holding these medications.*

If you are diabetic, please **DO NOT** use insulin or take any other diabetic medications on the day of the procedure until after the procedure, unless otherwise instructed by your primary care provider or endocrinologist.

If you are prescribed any of the GLP-1 receptor agonists for treatment of Type II Diabetes or weight loss listed below, **you MUST hold all weekly injections or medication doses as listed below prior to your procedure. All daily injections MUST be held the day of your procedure until after the procedure.** Contact the prescribing provider to ensure that holding these medications is safe.

Dulaglutide / Trulicity – Hold 7 days	Phentermine / Adipex – Hold 7 days
Semaglutide / Ozempic / Wegovy – Hold 7 days	Contrave – Hold 7 days
Exenatide / Bydureon – Hold 7 days	Oral Semaglutide / Rybelsus – Hold 1 day
Liraglutide / Victoza / Saxenda – Hold 7 days	Exenatide / Byetta – Hold 1 day
Lixisenatide / Adlyxin – Hold 7 days	Tirzepatide / Mounjaro / Zepbound – Hold 7 days

All other medications not listed above MUST only be held the day of your procedure. These include, but are not limited to prescription medications, supplements, Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, Fish Oil, Omegas and Glucosamine. You **MAY** take these the evening prior and/or after your procedure.

***** TURN PAGE OVER FOR BOWEL PREPARATION INSTRUCTIONS *****

WHAT YOU WILL NEED:

- **Purchase two (2) bottles of Miralax® (Glycolax) 238gm each and four (4) Dulcolax (Bisacodyl) laxative tablets over-the-counter at any pharmacy.**
- **Powdered Drink Mix – such as Crystal Light (any flavor avoiding red/purple)**

DAY BEFORE THE PROCEDURE – CLEAR LIQUIDS ONLY ALL DAY

You **MUST** follow a clear liquid diet from the time you wake up. **NO SOLID FOODS.** Avoid any liquids that are **red** or **purple** in color. No alcoholic beverages permitted. Please drink a minimum of one (1) gallon of fluids throughout the day. There is no limit to how much you can drink. You are encouraged to drink as much as possible.

Coffee / Tea without milk or creamer	Hi-C
Jell-O without fruit	Kool-Aid
Broth/Bouillon	Sodas – Diet / Regular
Italian Ice	Clear fruit juices –
Popsicles	Apple/White Grape/White Cranberry
Gatorade / Powerade	

- 4:00 PM:** Mix two (2) quarts of powdered drink mix. Add one (1) bottle of Miralax (Glycolax – 238gm) to the drink mix making sure it is dissolved completely. Refrigerate the solution.
- 5:00 PM:** Start consuming the prep solution. Consume an eight ounce (8 oz.) glass of the solution every 10-15 minutes until you have consumed the entire amount. Drink each glass as quickly as possible. Continue to drink as much clear liquids as possible. A watery bowel movement should begin in approximately an hour and you should continue to have loose bowel movements for about 1-2 hours after.
- 9:00 PM:** Take four (4) Dulcolax (Bisacodyl) tablets with water. **DO NOT** crush or chew the tablets. Please be sure to consume at least 16 ounces of water following this.

You may continue **CLEAR LIQUIDS** until midnight.

DAY OF THE PROCEDURE: *This will complete the second half of drinking the prep solution.*

Four (4) hours prior to leaving your home, mix two (2) quarts of powdered drink mix. Add one (1) bottle of Miralax (Glycolax – 238gm) to the drink mix making sure it is dissolved completely. Consume an eight ounce (8 oz.) glass of the solution every 10-15 minutes until you have consumed the entire amount. Drink each glass as quickly as possible. Your stool should be liquid, clear and free of solid material. If it is not, please call the office any time after 8:00 am. *Nothing else by mouth until after procedure including gum, mints and hard candy. Refrain from smoking, vaping or chewing tobacco before your procedure.*

Since you will be receiving sedating medications or narcotics, you are required by law to be accompanied by a responsible adult (over the age of 18) to accompany you to the facility, receive discharge instructions, drive you home, and stay with you after the procedure. For your own safety and protection, you will not be allowed to drive home. *Taking a taxi or public transportation home by yourself is not permitted. You **MUST** have someone to accompany you.* You are not permitted to drive or return to work until the morning after your procedure.

Additional Information:

You will be contacted by telephone the business day before your procedure to confirm your arrival time. If you need to cancel, please call our office at 833-391-0654 or the number listed below for the facility at which you are scheduled.

IF YOU DO NOT RECEIVE A CALL BY 3:00 PM REGARDING YOUR ARRIVAL TIME, PLEASE CONTACT THE FACILITY IN WHICH YOU ARE HAVING YOUR PROCEDURE. Refer to the number below for facility's contact information. *Please note, this is for the arrival time only.* All other calls should be directed to our office.

Benbrook Surgical Center	724-431-0740
Butler Memorial Hospital	724-284-4595