



WEST WICHITA SURGERY CENTER

8200 West Central • Suite Three • Wichita, Kansas 67212-9503 • Phone 316-491-6300

INSTRUCTIONS FOR COLONOSCOPY MIRALAX PREP

Procedure Date: _____

Check-in at: _____

Physician: _____

***Patient Portal Time will be later than check in time.**

** If you are taking Aspirin, or any anti-inflammatory medication such as Advil, Aleve, Ibuprofen, Mobic, Celebrex, please stop 4-5 days prior to procedure.

** Stop all herbal supplements 2 weeks prior to your procedure.

** Some medications may need to be held prior to your procedure. You will need approval from your prescribing physician to hold these medications. Please contact the surgery center if you are taking:

- Any prescription blood thinners such as Coumadin/Warfarin, Plavix/Clopidogrel, Xarelto/Rivaroxaban, Eliquis/Apixaban, Brilinta, Effient/Prasugrel, Pradaxa, Aggrenox, etc.
- GLP-1 Receptor Antagonist medications such as Adlyxin, Bydureon, Byetta, Mounjaro, Ozempic, Rybelsus, Saxenda, Souliqua, Tanzeum, Trulicity, Victoza, Wegovy, or Zepbound
- Phentermine, Qysmia, or Contrave

In preparation for your procedure, you will need to purchase the following:

- MiraLax - 238 gram bottle (8.3 oz bottle)
- Dulcolax (Bisacodyl is the Generic formula) Tablets – minimum of 4 tablets
- Gatorade / juice (no red or purple color) - 64 oz. bottle to mix with the MiraLax or you may use water if you prefer

DAY BEFORE THE PROCEDURE:

DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY (breakfast, lunch and dinner).

Clear Liquids include: water, clear broth/bouillon, soda, tea, coffee (without milk or non-dairy creamer), clear juice without pulp (apple, white grape or lemonade), Jell-O (orange, lemon and or lime without added fruit), Popsicles, Gatorade, Kool-Aid, and other fruit drink flavored drinks.

AVOID: Red /purple colored liquids or Jello, milk/milk products, and alcohol. No solid food on this day!!

Begin the prep anytime between 12:00 and 4:00 PM (the earlier you start the earlier you will be able to go to sleep!)

The prep will last at least 8 hours. **Drink as many liquids as possible throughout the day to stay hydrated.**

Step 1: Take 2 Dulcolax (Bisacodyl) tablets with one full glass of water.

Step 2: Two hours after taking the Dulcolax - mix the entire bottle of MiraLax in 64 oz of Gatorade (no red or purple) water or juice. Shake or stir the solution until MiraLax is dissolved. Drink one 8 oz glass every 10 – 15 minutes until the solution is gone. If you become nauseated, take a 30 minute break, but you still need to finish all the mixture.

Step 3: At 8:00 pm - Take 2 Dulcolax (Bisacodyl) tablets with 1 full glass of water.

You may continue to drink clear liquids until midnight. **DO NOT DRINK ANYTHING AFTER MIDNIGHT unless Surgery Center staff has instructed you to do so.**

DAY OF PROCEDURE:

- **Do not eat or drink anything unless otherwise instructed.**
- We do want you to take prescription blood pressure or heart medications with a small sip of water if you usually take them in the morning. Consult the WWSC staff regarding any other medications.
- Women under the age of 55 will be required to give a urine specimen.

Bring with you:

- **Someone to drive you home.** You will be given sedation during the procedure. You will **NOT** be allowed to leave unaccompanied and **CANNOT** take public transportation, cab, Uber, Lyft, etc.
- Insurance cards and driver's license/photo ID and list of your medications.

Contact WWSC at 316-491-6300 if you have any questions.