



Witham Gastroenterology

Dr. Kessler ~ Dr. Patel phone: 765-485-8830

You have been scheduled for a colonoscopy or colonoscopy with EGD on _____ with Dr. Kessler/Patel. Your arrival time will be at _____ Witham Memorial Hospital (2605 N. Lebanon St. Lebanon, IN 46052), main registration desk. Please read the below instructions related to your upcoming procedure:

- You will need a driver to take you home after the procedure

2 day Miralax/Golytely Prep

*****You will need to purchase: Miralax 238 gram bottle, Gas X or Simethicone tablets, Gatorade or Powerade 28 oz bottles x 2. Golytely will be called into your pharmacy for pick up.**

Two days before your procedure start Miralax_(8.3 oz/238g)_prep:

- Light breakfast-eggs and toast only (by 9:00 AM)
- NO ALCOHOL.
- Clear liquids the remainder of the day.
 - As a rule, if you can see through it you can drink it.
 - Gatorade is the preferred liquid (2 – 28 oz bottles)

No Red or Purple for the following:

Gatorade	Fruit Juice	Tea-no cream	Popsicles
G2		Coffee-no cream	Hard Candy
Crystal Light	Broth	Soda	Jell-O
Water	Bullion	Ginger Ale	Italian Ice

- Drink an extra 8 oz. clear liquid every hour while awake. Gatorade is preferred.
- Mix half of the Miralax (119 gram/ 4 oz) bottle in one 28 oz. bottle of Gatorade until dissolved. Repeat for the 2nd 28 oz bottle. Place both in refrigerator to keep cold.
- **6:00PM** Begin drinking the Gatorade/Miralax solution at a rate of 8 ounces every 15-30 minutes until the first bottle is gone.
- **9:00PM** Take 2 gas (Gas X/Simethicone) tablets with 8 ounces of clear liquid.
- You are encouraged to drink clear liquids until you go to bed.

- **8:00AM** the next morning, take the second 28 oz bottle of Gatorade/Miralax preparation.

One day before your procedure start ____Golytely____prep:

- **Golytely:** Start a clear liquid diet the morning prior to the colonoscopy and have clear liquids only that day. The evening before the colonoscopy (**6:00PM**) add water or Gatorade to the top line of the enclosed container and drink ½ of the prep solution. Every 10-15 minutes drink 1 glass (8oz) of the solution until you have consumed ½ of the solution. Put aside the remaining solution, you may store in refrigerator or at room temperature. The morning of the colonoscopy (at least 5 hrs before your procedure time) drink the remaining ½ of solution. Drink 1 glass every 10-15 min until complete.
- **9:00PM** Take 2 gas tablets (Gas X or generic equivalence) with 8 ounces of clear liquid. **Repeat 5 hours prior to hospital arrival with remaining amount of Golytely and 2 gas tablets. Finish prep 3 hours prior to registration and do not have anything else to drink afterwards.**

You must drink entire prep solution as directed to clean your bowel adequately. If you are passing clear liquid you must still take the entire dose the day before your procedure.

If prep causes you to vomit, rest and try again in 30 mins and drink slower. Drinking through a straw may also help.

Choose these foods (nothing purple, red or orange)

The following foods are OK to have when you are on a clear liquid diet:

- Water; ice chips
- Fruit juices without pulp, such as filtered apple juice, grape juice, cranberry juice, and pulp-free lemonade
- Fruit punch or fruit drinks with no pulp or pieces
- Hot or cold coffee or tea (don't add milk or creamers of any type)
- Clear sodas (lemon-lime soda, ginger ale)
- Sports drinks
- Clear soup (low-sodium and fat-free broth or bouillon)
- Plain or flavored gelatin (don't add fruit or toppings)
- Frozen juice bars made from clear juices (no pulp or fruit pieces)

Don't have these foods

- Fruit juices with pulp or nectar, such as prune juice
- Milk, yogurt, and pudding
- Cream-based soups

- Any food or drink not on the approved list above
 - **Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants:** If you are on a blood thinner, we will contact your prescribing physician for recommendations on when to stop and we will call you. Do not stop your blood thinner until you hear from our office. You may continue taking Aspirin 81mg daily. _____
 - **Dulaglutide (Trulicity), Exenatide (Byetta), Exenatide extended-release (Bydureon), Liraglutide (Victoza), Lixisenatide (Adlyxin), Semaglutide injection (Ozempic), Semaglutide tablets (Rybelsus), Tirzepatide (Mounjaro).** GLP-1 meds must be HELD at least 1 week prior to procedure otherwise it will be rescheduled. _____
 - **Diabetes:** Contact your prescribing physician regarding your dose of insulin and other diabetic medications needed the 2 days before your procedure. Inform your doctor that you will be on clear liquids 2 days prior to your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
 - Per anesthesia recommendation do not take ARB or ACE inhibitors (for blood pressure) the **morning** of the procedure. _____. **BRING** med(s) to hospital with you.
 - If you have any implanted **medical devices** that have a **remote**, please bring it to your appointment.

STOP the following medications 7 days before your procedure. These medications can thin your blood or cause constipation: Ibuprofen (Advil, Motrin) Naproxen (Naprosyn, Aleve), Meloxicam (Mobic), Multivitamins with Iron, Iron Supplements, and Fish Oil (Krill Oil, Lovaza, Vascepa), Vitamin E, Herbal supplements.

Additional instructions: _____

*Bring remotes to any medical device implants if applicable.