



Allegheny Regional Endoscopy  
810 Valley View Blvd. Altoona, PA 16602  
Front desk: 814-946-5469 Fax: 814-946-4970

***Your colonoscopy is scheduled on:***

### **Miralax Prep Instructions – Low volume**

- Avoid iron supplements for 5 days prior to your procedure.
- Avoid eating whole-grain bread/cereals with nuts/seeds and corn for 5 days prior to your procedure.

#### **Stage 1:**

- Continue *clear liquids only* throughout the day before your procedure.
- At 3:00pm, take 2 Dulcolax tablets (5mg each). Next, put 14 day supply of Miralax (238 grams) in one-half gallon container and fill with clear liquid of choice. (Clear juice, Lemonade, Gatorade, Kool Aid, Water). No red or purple liquids. Cap the container, shake vigorously and refrigerate.
- At 5:00pm, start to drink half of the Miralax prep solution at your own pace, throughout the evening. You may also continue to drink clear liquids.

#### **Stage 2:**

- *8 hours before your scheduled procedure time, drink the second half of the Miralax prep solution. This second half of the prep should be consumed within 3 hours. You may then continue to drink clear liquids until 2 hours before your schedule procedure time.*

#### **Notes**

- It may take a few hours for the prep to start working.
- It is normal to feel very full or bloated during your prep. *If you experience nausea and/or vomiting, wait 30 minutes before resuming prep/liquids. If vomiting does not disappear once you begin to move your bowels, please call us immediately for further instructions.*

### **ACCEPTABLE CLEAR LIQUIDS**

Water    Gatorade    Jell-O    Kool-Aid    Broth    Popsicles  
Lemonade    Apple juice    White grape juice    White cranberry juice    Soda (all)  
Black coffee (no added cream or sugar)    Iced tea    Hot tea (no added sugar, honey)

**\*Do not consume any liquids which are red or purple in color\***

## Colonoscopy and Anesthesia

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions. **Failure to comply with the below guidelines could result in the delay and/or cancellation of your procedures without question.**

- **YOU MUST** have a driver to sign you out of recovery after anesthesia. **You cannot use UBER, LYFT, Healthride or MediVan if you are having your procedure at Allegheny Regional Endoscopy.**
- **You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time at our facility and no later.**
- Please refer to the prep instructions on the front of this sheet. **DO NOT follow pharmacy instructions.**
- **No alcoholic beverages are permitted during colon prep OR after midnight on the night before procedures.**

**CHEWING TOBACCO PRODUCTS, SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.

- **All oral piercings** must be removed before all procedures. **NO EXCEPTIONS!**
- **All stimulators** (bladder, spinal etc.) should be turned “off” or placed in “surgery mode”.
- If you have been prescribed **Phentermine**, you must hold this for 7 days prior to your procedure.
- If you have been prescribed **Ozempic, Trulicity, Bydureon, Byetta, Victoza, Adlyxin, Wegovy, Mounjaro, Zepbound or Rybelsus**, you must hold these for 24 hours (if oral) and 7 days (if injection) prior to your procedure.
- Please refer to the personalized medication instructions given to you at your office visit. **It is especially important to take medications for blood pressure and heart function on the day of your procedures.**
- **If you experience any of the following between the day of your office visit and the day of your procedure, please notify us immediately:**
  1. **A change in health status**
  2. **an ER visit/hospital admission**
  3. **testing for your heart, lungs, brain**

**Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.**