



## Getting Ready for your Colonoscopy: Miralax with Mag Citrate SPLIT Prep

Physicians Name : \_\_\_\_\_

Procedure Date : \_\_\_\_\_

The time of your colonoscopy will be given to you 48 hours before your colonoscopy appointment.

### Your Colonoscopy Location:

David H Koch Building  
Endoscopy Center  
1283 York Avenue, 8<sup>th</sup> Floor  
New York, NY 10065

New York Presbyterian Hospital  
Central Endoscopy Suite  
525 East 68<sup>th</sup> Street, 2<sup>nd</sup> Floor  
Greenberg Pavilion  
New York, NY 10065

Lower Manhattan Hospital  
Endoscopy Suite  
170 William Street,  
2<sup>nd</sup> Floor  
New York, NY 10028

### CANCELLATIONS

Scheduling your colonoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the "Getting Ready for Your Colonoscopy" guide and schedule.

If you must reschedule or cancel, please call us at least 3 days before your colonoscopy at 646-962-4000 or email us at [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu).

## Why Proper Colon Cleaning is Needed Before Your Colonoscopy

Food and liquids can stay in your body for a long time. If food is in your colon during your colonoscopy, the food can

a.m. – 5:00 p.m.

0 p.m., during the weekend, or on a holiday, an on-call doctor will  
you back the next day.


by for any reason, please call 646-962-4000.

l or go to the nearest Emergency Room .

## How To Contact Us

## GETTING READY FOR YOUR COLONOSCOPY

A colonoscopy is a medical procedure in which your doctor examines your colon and parts of your small intestine using a special camera attached to a flexible tube passed through your anus. During your colonoscopy your doctor will look at the walls of your colon to see if there are any problems that require treatment.





## B. IMPORTANT MEDICINE INFORMATION

### BLOOD THINNERS (ANTI-PLATELET MEDICINES)

If you take blood thinners, ask your doctor who prescribed these for you if you should stop taking them before your colonoscopy.

If your doctor does not want you to stop taking your blood thinners before your colonoscopy, please call our endoscopy nurse at 646-962-4000.

Commonly prescribed medications:

- |                       |                        |
|-----------------------|------------------------|
| warfarin (Coumadin®)  | apixaban (Eliquis®)    |
| dalteparin (Fragmin®) | rivaroxaban (Xarelto®) |
| tinzaparin (Innohep®) | prasugrel (Effient®)   |
| enoxaparin (Lovenox®) | ticagrelor (Brilinta®) |
| clopidogrel (Plavix®) | edoxaban (Savaysa®)    |
| cilostazol (Pletal®)  | heparin                |
| dabigatran (Pradaxa®) |                        |

### DONOTSTOPYOURASPIRINUNLESSYOUR DOCTOR TELLS YOU TO DO SO

### DIABETIC OR WEIGHT LOSS MEDICATIONS

If you take:	Do this:
Insulin or oral hypoglycemic pills	Check with your doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your colonoscopy.
SLGT2 inhibitors - Ertugliflozin (Steglatro), Canagliflozin (Invokana), Empagliflozin (Jardiance), or Dapagliflozin (Farxiga)	Stop taking this medicine three (3) days before your colonoscopy
Daily GLP -1 receptor agonist - Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	Stop taking this medicine on the same day as your colonoscopy. You will need to take Miralax for one (1) week prior to your colonoscopy (see below)
Weekly GLP -1 receptor agonist - Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro, Zepbound)	Stop taking this medicine one (1) week before your colonoscopy. You will need to take Miralax for one (1) week prior to your colonoscopy (see below)

### BLOOD PRESSURE MEDICINE

Blood pressure medicines, with the exception of diuretics (water pills), should be taken as usual on the day of the colonoscopy with a sip of water. Diuretics should not be taken on the morning of the colonoscopy.

### IRON SUPPLEMENTS

Stop taking oral iron supplements Five (5) Days Before Your Exam . You can take these again after your colonoscopy.

## C. LH-10.3

## D. EATING BEFORE YOUR COLONOSCOPY

Seven (7) Days Before Your Exam:

Eat a low fiber diet: avoid nuts, seeds, corn, beans, quinoa, and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy.

The Day Before Your Exam:

No solid food for the entire day

You can only have clear liquids (see list below)

You cannot eat solid food until AFTER your colonoscopy

Start Hydrating

ACCEPTABLE CLEAR LIQUIDS FOR HYD

Water	Ginger ale and other Sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE CREAM, SOY OR DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SUCK UNLESS ON THE LIST ABOVE

You can buy these as needed from the Grocery Store

Chicken Bouillon/broth

(No noodles or solids in the brot)

Jell-O/gelatin or Ice Pops

(No flavors with red coloring)





## BEFORE YOUR COLONOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your colon. If polyps are found, your doctor will remove them and send them to the lab. Usually, the colonoscopy is painless.

## AFTER YOUR COLONOSCOPY IN THE RECOVERY ROOM

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your colonoscopy results with you. Your nurse will explain your discharge instructions before you go home.

Your escort will then take you home.

## AT HOME

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy