OCRA
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BOWEL PREP FOR COLONOSCOPY
(MIRALAX / DULCOLAX)

YOUR APPOINTMENT

APPOINTMENT DATE

YOUR DOCTOR (Dr.)

ARRIVAL TIME

PROCEDURE TIME

LOCATION

Your location is the one that is checked.

- ☐ **Corewell Hospital East**
  3601 W 13 Mile Rd, Royal Oak, MI 48073
  Go to the North entrance registration
- ☐ **Corewell Health Care Center**
  6900 Orchard Lake Rd, West Bloomfield
  Go to the lower level, Suite 100
- ☐ **Gastro Intestinal Endoscopy Center**
  264 W Maple Road, Suite 100, Troy, MI 48084
- ☐ **Michigan Endoscopy Center**
  30055 Northwestern Hwy., Suite L-60, Farmington Hills, MI 48334

PLAN YOUR RIDE HOME

You must be accompanied by someone who can **stay at the facility until your discharge**. This person must be **over 18 years old** and able to **drive you home** after the exam. **Your procedure may be cancelled if this requirement is not met.**

QUESTIONS OR NEED TO CANCEL?

If you have any questions about the procedure or the preparation, or if you need to cancel this test, please call **(248) 541-8554**

ext. or ask for your scheduler, whose name is

Cleaning out the colon is essential to obtaining a complete and successful exam. Please prepare for your colonoscopy as follows. **Please read every page.**

MEDICATIONS: PLEASE READ FIRST

IF YOU TAKE A BLOOD THINNER

XARELTO (rivaroxaban), **ELIQUIS** (apixaban), **COUMADIN** (warfarin), **LOVENOX**, **HEPARIN**, **PRADAXA** (dabigatran), **PLAVIX** (clopidogrel) or **BRILINTA** (ticagrelor)

It **may be necessary to stop** these medications before the procedure. For specific instructions on these medications, or if you are unsure, **please notify the scheduler or physician.**

IF YOU TAKE A WEIGHT-LOSS DRUG: STOP 7 DAYS BEFORE

OZEMPIC, MOUNJARO, WEGOVY, ZEPBOUND, semaglutide, tirzepatide, or other. Please inform the office.

You must stop these medications seven (7) days before your procedure or it will be cancelled.

IF YOU ARE DIABETIC AND TAKE THESE: STOP 3 DAYS BEFORE

JARDIANCE (empagliflozin), **JANUVIA** (sitagliptin) or **FARXIGA** (dapagliflozin)

You must stop these drugs three (3) days before your procedure.

OK TO TAKE

Tylenol and **low-dose aspirin** are acceptable for use until the day of your procedure.

WHAT TO BUY

Purchase the following from a pharmacy or grocery store. Check each box as you pick it up.

- ☐ **Dulcolax** (laxative) **5 mg tablets**
  Four (4) pills total
- ☐ **Miralax** – one 8.3 ounce (238 gram) bottle
  or generic equivalent
- ☐ **Gatorade** – two (2) 32 oz bottles
  Not red or purple. Alternatives can include Vitamin Water, Gatorade Water, Pedialyte and Powerade.

PEOPLE WITH DIABETES

Use **Gatorade G2** (not red).

YOUR PREP AT A GLANCE

7 DAYS BEFORE	2–3 DAYS BEFORE	1 DAY BEFORE	DAY OF PROCEDURE	AFTER
• Stop weight-loss drugs (Ozempic, Mounjaro, Wegovy, Zepbound, etc.) • Stop turmeric, fish oil, vitamin E and iron • Stop Imodium (Loperamide) and Lomotil	• Start a low-fiber diet • Diabetic? Stop Jardiance, Januvia and Farxiga (3 days)	• Stop fiber supplements • Clear liquids only, all day • 10:00 a.m. – Dulcolax • 1:00 p.m. – Miralax mix	• Arrive 1 hour early • Clear liquids until 4 hours before • No insulin or diabetes pills • Heart/BP meds with a sip of water	• Your driver takes you home • No driving the rest of the day • ~30 minutes in recovery

This is a summary. The full instructions are on the pages that follow.

IN THE DAYS BEFORE YOUR PROCEDURE

TELL US ABOUT ANY HEART TESTING

Please inform our office if you have had an **abnormal stress test, EKG, or any other abnormal cardiac testing**, or if you have any cardiac testing scheduled for the future. The anesthesia staff may want to have these tests completed and reviewed by your cardiologist before sedation is given.

STOP THESE ONE WEEK BEFORE

- **STOP** taking **turmeric, fish oil, vitamin E and iron** supplements.
- **STOP** taking medicines that stop diarrhea, such as **Loperamide (Imodium)** or **Lomotil**.

2–3 DAYS BEFORE: LOW-FIBER DIET

Follow a **low-fiber diet** to make the prep easier.

LIMIT your consumption of **nuts, seeds, popcorn, multigrain bread and corn.**

1 DAY BEFORE: STOP FIBER SUPPLEMENTS

Stop fiber supplements including **Metamucil, Citrucel, Benefiber**, etc. one day before.

THE DAY BEFORE YOUR PROCEDURE

Clear liquids all day, plus the laxative prep below.

Use clear liquids for **breakfast, lunch and dinner**.

EAT / DRINK ONLY CLEAR LIQUIDS

- **Water**
- **Soft drinks** (orange, ginger ale, cola, Sprite, 7-Up)
- **Gatorade** and **Kool-Aid**
- **Strained fruit juice** such as apple or white grape juice (clear, no pulp)
- **Coffee** or **tea** (no cream)
- **Popsicles** (no sherbets or fruit bars)
- **Hard candies**
- **Clear broth**

DO NOT EAT OR DRINK

- **Anything colored RED or PURPLE**
- Solid foods
- Milk products
- Alcohol

YOUR LAXATIVE PREP

In addition to the clear liquid diet, the laxative prep must be done the day before your exam. These steps make sure you use the laxatives properly.

MORNING APPOINTMENT SCHEDULE

1

At 10:00 a.m.
Take **four (4) Dulcolax tablets**.

☐ Done

2

At 1:00 p.m.
Mix the **bottle of Miralax (238 gram)** in **64 oz. of Gatorade**. Shake until the Miralax is completely dissolved.

☐ Done

3

Then drink the mixture
Drink an **8 oz glass every 10–15 minutes until ALL the solution is gone.**
If you begin to feel nauseated or bloated, you may spread each 8 oz glass out to every 30–45 minutes.

☐ Done

WHAT TO EXPECT

Individual responses to laxatives vary. This prep may cause **multiple bowel movements**, usually taking effect **30 minutes up to three hours** after you take it. **Please stay within easy reach of a restroom.**

Tip: Baby wipes may be used for cleansing. You can use Vaseline or Desitin on the skin around the anus to prevent irritation between movements.

THE DAY OF YOUR PROCEDURE

ARRIVE EARLY

Please arrive **one (1) hour before** your appointment time.

CLEAR LIQUIDS ARE OK UNTIL 4 HOURS BEFORE

You may continue the clear liquid diet until **four (4) hours before** your scheduled procedure time.

NO Jell-O and NO broth.

YOUR MEDICATIONS THAT MORNING

- **Heart and blood pressure medications** may be taken with a sip of water at least 2 hours before your procedure time.
- **Do NOT take injectable insulin.**
- **Do NOT take any oral diabetes medications (pills).**

AFTER YOUR PROCEDURE

YOU MUST HAVE A DRIVER

You **must make arrangements for someone to come with you, wait for you, and drive you home** (you have been given sedation). **Your procedure will be cancelled if this requirement is not met.**

You will not be allowed to drive a car for the rest of the day.

RECOVERY

Following your colonoscopy, you will spend approximately **30 minutes in the recovery room** before being discharged.

IF A POLYP IS REMOVED

You must **stay in the Detroit Metro Area overnight** following the procedure.

If any **bleeding, pain or other symptoms** occur, it is imperative that the physician be notified **immediately** so prompt and proper treatment may be administered.