

Dr McGehee's Colonoscopy Prep Instructions

MiraLAX and Dulcolax Prep

You will need to purchase the following items for your procedure:

- 8.3 oz bottle of MiraLAX Powder
- 2 Dulcolax 5mg tablets
- 64 oz. of clear liquids (water, Gatorade, Powerade, etc.) Nothing red, green, blue, or purple

The Day Before Your Exam:

1. You can have a light breakfast then nothing but clear liquids until after the procedure
2. Mix the entire contents of the MiraLAX bottle (8.3oz) with 64 oz. of any clear liquid (not red, green, blue, or purple) in a container. Stir until dissolved. You may refrigerate the mixture but **DO NOT ADD ICE**.
3. Take 2 Dulcolax tablets at 12:00 PM.
4. At 4:00 PM, begin drinking the MiraLAX mixture as follows: one 8 oz. glass every 10 to 15 minutes. Continue until mixture is gone. You may continue clear liquids until midnight.
5. **If the prep makes you nauseated:** Stop for 1 - 2 hours, then restart. Your bowel movements must be clear in color, or your endoscopy appointment will need to be rescheduled. If your bowel movements are not clear, or you were not able to tolerate/complete the MiraLAX prep, if you **DO NOT** have problems with your kidney function, you can drink one 8 oz bottle of magnesium citrate followed by five 8 oz glasses of water. You may require a second bottle. If you do, you must drink at least three 8 oz glasses of water after the second bottle.

The Day of Your Exam:

1. **DO NOT TAKE YOUR DIABETIC MEDICATIONS THE MORNING OF YOUR PROCEDURE.** You may take any heart, blood pressure, or thyroid medications in the early morning with a SIP of water.
2. You must have a driver 18 years or older present throughout the procedure and to drive you home. You will not be discharged unless someone is with you. You will not be released to take public transportation or walk home alone.
3. **Bring all medications (in their original bottles) to the hospital for your procedure.**

IF YOU TAKE ANY BLOOD THINNERS (ASPIRIN, COUMADIN, PLAVIX, XARELTO, ELIQUIS, BRILINTA, ETC.), THEY WILL NEED TO BE STOPPED PRIOR TO THE PROCEDURE. PLEASE CALL DR. MCGEHEE'S NURSE, AT (334) 705-3323 AS SOON AS POSSIBLE TO DISCUSS WHEN EACH MEDICINE SHOULD BE STOPPED.

If you take GLP-1 medication, such as Ozempic, Wegovy, Mounjaro or Zepbound, it must be held for 7 days prior to your procedure.

***If you have not heard from pre-registration at EAMC by 12:00 PM the day before your procedure, please call (334) 528-4266 to pre-register.**

***To cancel or reschedule your appointment, please call Centralized Scheduling as soon as possible at (334) 528-1215 Option #3.**

***If you have any other questions or concerns, please call Dr. McGehee's nurse at (334) 705-3323 during normal business hours (8:00 AM – 4:30 PM CST).**