East Alabama Health
EAST ALABAMA MEDICAL CENTER
GASTROENTEROLOGY CENTER

GETTING READY FOR YOUR COLONOSCOPY

WHAT TO BUY FIRST (Available for purchase at our clinic)

- 1 bottle MiraLAX powder (8.3 oz)
- 4 Dulcolax pills (5 mg each)
- 60 oz Gatorade or Powerade
- **NO red drinks!**

IMPORTANT: BLOOD THINNERS OR GLP-1s

Taking a blood thinner or GLP-1 medicine? Call Dr. Newman's nurse right away.

BLOOD THINNERS

- Aspirin
- Coumadin (Warfarin)
- Plavix (Clopidogrel)
- Xarelto (Rivaroxaban)
- Eliquis (Apixaban)
- Brilinta (Ticagrelor)

GLP-1 MEDICINES

- Trulicity (dulaglutide)
- Bydureon Bcise (exenatide ER)
- Ozempic/Wegovy (semaglutide)
- Mounjaro/Zepbound (tirzepatide)

Call 334-528-6655 | Mon–Thu 8 AM–5 PM | Fri 8 AM–12 PM

THE DAY BEFORE YOUR EXAM

ALL DAY	Drink only clear liquids: water, broth, Jell-O, juice without pulp, or soda. **NO red drinks.**
MORNING	Mix all MiraLAX into the 64 oz drink. Refrigerate.
NOON	Take 2 Dulcolax pills.
2:00 PM	Start drinking the prep. Drink one 8 oz glass every 15 minutes until it is all gone.
6:00 PM	Take the other 2 Dulcolax pills. Keep drinking clear liquids until midnight.

Feeling sick? Slow down. Wait 1–2 hours, then try again.

THE MORNING OF YOUR EXAM

- **Do NOT** take diabetes medicine that morning.
- **OK:** Take heart, blood pressure, seizure, and/or thyroid medicine with a tiny sip of water.
- **Bring** all your medicine bottles to the hospital.
- **You MUST** bring a driver who is 18 or older. The driver must stay the whole time.

QUESTIONS? CALL DR. NEWMAN'S CLINIC: 334-528-6655