

## COLONOSCOPY PREPARATION WITH MIRALAX Instructions for Patients

Medications:

- \_\_\_\_\_ Stop aspirin 7 days prior to procedure.
- \_\_\_\_\_ Stop Plavix/Coumadin \_\_\_\_\_ days prior to procedure.
- \_\_\_\_\_ Diabetic meds take half of AM dose day before procedure.
- \_\_\_\_\_ Only take ½ insulin dose day before procedure (in AM).
- \_\_\_\_\_ Stop multivitamins or iron tablets 1 week prior to procedure
- \_\_\_\_\_ Others:

I will be looking at all five to six feet of your colon. I can't see anything if your colon is not completely clean, so it is important to follow these instructions for a good cleaning before the procedure. If I can't see properly, we may have to reschedule and start the whole process over. The preparation is often the most difficult part of the procedure, but your health is worth it.

### **What you will need: (available at most drug stores)**

- 4 Dulcolax Laxative Tablets
- 1 (one) 255 gm Bottle of Miralax (by prescription)
- 1 (one) 32 oz Bottle of Gatorade, (except red). Substitutions for Gatorade are iced tea, Crystal Lite, Ginger ale, Sprite, 7-UP or any other CLEAR liquid.

### **THE DAY BEFORE THE PROCEDURE:**

**At 8 am:** Have only clear liquids from breakfast and until Midnight, you can only have clear, see-through liquids – water, seltzer, tea (without milk), Gatorade, 7-up, ginger ale, Jello, ice pops, Italian ice, sherbert, iced tea. **DO NOT TAKE ANY CANDY, GUM, MINTS, ETC. PRIOR TO THE PROCEDURE.** These items increase acid in the stomach, and pose a risk of aspiration during anesthesia. Avoid any red or dark colored liquids. Place the container of Gatorade in the refrigerator to get it cold.

**At 12 noon:** Have a clear liquid lunch. You can have clear soup broth or bouillon, jello, etc. In order to prevent hunger, some patients drink liquid Sustacal or Ensure – nutritional supplements, available over the counter in pharmacies. You can drink up to three cans until 1:00 pm. Sustacal and VANILLA Ensure are not clear but are acceptable because they are completely absorbed in the small bowel.

**Mix the 255 gm Bottle of Miralax into the 32 oz bottle of cold Gatorade. Shake well until the powder is completely dissolved.**

**At 4 pm:** Take 2 Dulcolax tablets with water.

**At 4 pm:** Drink an 8 oz glass of the Miralax/Gatorade solution **every 30 minutes** until the solution is completely gone. **\*The earlier you begin the prep, the sooner the diarrhea will begin and end, thus the more uninterrupted sleep you will get.**

**At 8 pm:** Take 2 Dulcolax tablets.

You may continue to have clear liquids until midnight.

**At Midnight:** Do not drink any more fluids after this time; we want your stomach empty when you go to sleep.

**\*\*\*PLEASE SEE THE OTHER SIDE FOR DATE AND TIME OF YOUR PROCEDURE\*\*\***

**THE DAY OF THE PROCEDURE:**

**Medications:**

**DO NOT EAT OR DRINK ANYTHING AT LEAST 6 HOURS BEFORE THE PROCEDURE INCLUDING WATER.** You may however, on the morning of the procedure, take your usual medications, including blood pressure, cardiac or seizure medications, using just enough water to take the medication. You may also use asthma inhalers. **Do Not take Diabetic medications or Insulin until AFTER the procedure to prevent hypoglycemia.**

**Do not take aspirin, or any other anti-inflammatory medications (Advil, Aleve, Ibuprofen, etc) for a week before the procedure, as it might increase the risk of bleeding if a polyp is removed. If you take anticoagulant, or if you have inadvertently taken aspirin, call the office.**

**Also avoid taking Iron supplements and Multi-vitamins for one week prior to the procedure.**

**Tylenol is okay.**

**THE PROCEDURE:**

The procedure may take from 10 to 30 minutes. However, you should allow approximately 3 hours of stay at the Endoscopy Center or Hospital, (wherever your procedure is scheduled). Extra time is necessary for paperwork, obtaining IV access, sedation and post procedure monitoring.

You will be comfortably sleeping and you will be in a twilight zone with sedation during the procedure. You will be able to leave 30 minutes after the procedure and you will be able to eat normally. Please arrange to have someone pick you up. You will **NOT** be able to drive yourself until the following day.

It is a good idea to bring an extra pair of underwear.

Menstrual periods, viral syndromes, or urinary infections do not interfere with the colonoscopy.

We will either call you or send you a note regarding normal biopsy findings within 10 days. If we find anything unusual, you will be called before then. If you have not heard from us within 2 weeks, feel free to call our office to follow-up.

Your procedure is scheduled at \_\_\_\_\_ on \_\_\_\_\_

and is scheduled for \_\_\_\_\_. Please arrive at \_\_\_\_\_

Bring your insurance information with you the day of the procedure.

**★ REMEMBER THAT YOU WILL BE CALLED THE DAY BEFORE AND/OR THE MORNING OF YOUR PROCEDURE TO CONFIRM YOUR APPOINTMENT. PLEASE NOTE THAT YOUR TIME MAY BE CHANGED TO AN EARLIER APPOINTMENT, ACCORDING TO THE FACILITY SCHEDULE.**

**PLEASE FEEL FREE TO CALL ME IF YOU HAVE ANY QUESTIONS, OR IF A SCHEDULE CHANGE WILL CONFLICT WITH YOUR TRANSPORTATION.**