

COLONOSCOPY PREPERATION INSTRUCTIONS

Miralax Prep

ONE WEEK prior to your procedure:

- **OBTAIN** one (1) 238 gram container of **Miralax/Glycolax and Dulcolax Laxative** (not stool softener) from your pharmacy. Both are over-the-counter products.
- **OBTAIN** 64 ounces (2 liters) of Gatorade, Pedialyte, or any clear liquid.
- **ARRANGE** for someone to drive you home on you procedure day (about 2-3 hours after your arrival time).
- **AVOID** eating high fiber and foods containing many seeds.

The **DAY BEFORE** your procedure:

- **Start a clear liquid diet.** You may have a low fiber light breakfast and then begin clear liquids ONLY. No eating solid foods, seeds, nuts or dairy products. (See the attached sheet for examples of a clear liquid diet.)
- Mix the 238 gram Miralax in the entire 64 ounces of clear liquid. Shake well to mix and store in the refrigerator to chill for at least an hour or you may freeze the solution and us in slush form.
- **Take 2 of the Dulcolax tablets at approximately 1:00 PM.**
- **At around 6:00 PM,** begin drinking the **Miralax** solution.
- Drink 8 ounces of the mix every 15 minutes saving the last 2 glasses (16 ounces) for tomorrow morning.
- Continue to drink additional clear liquids as much as possible.
- **At 8:00 PM take the other 2 Dulcolax tablets** (even if you haven't completed the Gatorade/Miralax prep).
- **Refrigerate the remaining portion of the bowel prep (approx. 16 ounces) for use in the morning.**

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The **DAY** of your procedure:

- Do not forget, you will need a driver to take you home after your procedure. A taxi driver or other public transportation is not acceptable. The procedure will not be performed without a safe ride home.
- You may take your morning medications with small sips of water.
- **Five (5) hours PRIOR to your procedure**, drink the last 2 glasses of the solution.
- **STOP** all liquids three (3) hours prior to your procedure time.
Failure to observe this rule will result in cancellation of the procedure.
- Please arrive at least 1 hour prior to your procedure time to check in at Outpatient Registration in the main lobby of CVMC. Leave any jewelry and valuables you might have at home.
- Estimated time of stay after registration is approximately 2-3 hours.
Your driver must pick you up from the Same Day Surgery waiting area. You are not permitted to walk unaccompanied to meet your ride at the front of the hospital.

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Example of Clear Liquid Diet

Beverages

- Apple juice
- Cranberry juice
- White grape juice
- Kool-Aid
- Sports Drinks – Gatorade, Powerade, etc.
- Water
- Tea, black coffee (NO CREAM, MILK or non-Dairy Creamer)
- Clear soda, such as 7-Up, lemon-lime or ginger ale
- Other juices without pulp

Soups (Clear broth or bouillon)

Popsicles (No added fruit, etc.)

Hard Candies (No chocolate or caramels)

Plain Jell-O (No added fruit, etc)

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Medication Precautions



Some medications should be discontinued prior to your colonoscopy. If you are currently taking any of the following

- MAO inhibitors such as Nardil
- Blood thinning medications such as Clopidogrel (Plavix), Prasugrel (Effient), Ticagreglor (Brilinta), Warfarin (Coumadin), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis), Fondaparinux (Arixtra), Desirudin (Iprivask).
- Iron supplements
- Insulin

Please contact the doctor who manages these medications for you immediately and notify our office!

Many of these medications must be stopped or changed for up to 1 week prior to your procedure.

- You may continue taking prescribed daily Aspirin

Discuss any allergies, current medications, and family or personal history of bleeding with your doctor **BEFORE** you schedule this procedure.

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Frequently Asked Questions



1. I'm nauseated, what do I do?
 - o Many people will have nausea and even vomit during preparation for the colonoscopy due to the poor taste of Golytely (or equivalent) and/or the large volume required to clean the bowels. The taste can be 'improved' by adding the accompanying flavor packets or mixing the prep with Crystal Light flavoring. The volume of the preparation cannot be reduced. If you do have severe nausea or vomit, do not drink any prep for approximately 30 minutes, then resume at the usual rate. Often times, this will provide enough time for the stomach to empty and permit you to finish. Keep at it. It's tough, but you can do it.
2. Stool is clear, can I stop now?
 - o No. The intestines are >25 feet long. We are attempting to clean out the colon, which means it is necessary to flush out everything above the colon (stomach and small intestine). It is common to have material in the lower intestine or colon flush through initially, and hours later the material from the upper intestine is cleared. In addition, as you sleep material accumulates, cells slough off the surface and thick mucus produced which needs to be cleared in the morning to ensure an adequate prep. **If the colon is not completely cleaned, the procedure may be cancelled and rescheduled**, so it's important to take the entire prep.
3. Nothing is happening, what now?
 - o Keep going. In some people, the action of the prep can be delayed (even for several hours). Just keep drinking. Eventually, the preparation will begin working.
4. Can I take my daily aspirin?
 - o Yes, if your doctor has prescribed daily aspirin, you may take it without concern. Aspirin is not a restricted medication.