

# Colonoscopy

MiraLAX Gatorade: Procedure Instructions

Procedure Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ GI Physician: \_\_\_\_\_

Location: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

## Special Instructions:

To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.

If you take anti-coagulants / blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 7 days prior to your procedure.

Please inform us if you weigh greater than 250 lbs., have kidney disease, congestive heart failure, artificial heart valves, a pacemaker or defibrillator (AICD), sleep apnea, or ascites.

Please discontinue iron or fiber supplements, seeds, nuts, popcorn, and raw vegetables 3 days before your colonoscopy.

## Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

## Pick Up Your Items:

You may obtain the items for your preparation at any pharmacy. IT IS VERY IMPORTANT THAT YOU REFER TO THESE PREP INSTRUCTIONS FROM YOUR DOCTOR REGARDING WHEN YOU NEED TO STOP EATING AND DRINKING. **DO NOT FOLLOW THE INSTRUCTIONS THAT YOU RECEIVE FROM THE PHARMACY OR WHAT IS ON THE PREP PACKAGE.**

### Items Required:

- (1) MiraLAX bottle 238 grams
- (1) 64oz or (2) 32oz bottles of Gatorade (no purple or red)
- (4) Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- **Only if recommended by physician** (1) 10 oz bottle of Magnesium Citrate

### Day Before Your Procedure:

The day before your colonoscopy is when you will start your preparation. The colon needs to be as clean of stool as possible.

- Do NOT use any tobacco products or marijuana, do NOT take non-prescribed drugs, and do NOT drink alcohol after midnight before your procedure.
- DRINK ONLY CLEAR LIQUIDS ALL DAY (No solid food):

The explanation of a clear liquid diet is anything you can see through if held up to a light.

### Approved Clear Liquids:

- Water, Black Coffee or Black Tea (no cream or artificial cream)
- Strained fruit juices WITHOUT pulp (Example: apple, white grape)
- Clear Broth or Bouillon (Example: chicken or beef or vegetable broth)
- Carbonated CLEAR soft drinks (Example: Sprite, ginger ale)
- Gatorade, Kool aid or lemonade with no pulp (NO RED OR PURPLE)
- Plain Jell-O (without fruit or toppings) (NO RED OR PURPLE)
- Popsicles (NO RED OR PURPLE)
- NO DAIRY PRODUCTS
- NO ALCOHOLIC BEVERAGES

- In the morning, mix the entire 238-gram bottle of MiraLAX with 64oz of Gatorade and refrigerate.

**Step 1:** At 12PM (Noon) take 4 Dulcolax tablets

**Step 2:** At 6 PM: Drink an 8oz glass of your prepared MiraLAX solution every 15 to 30 minutes until the mixture is gone. – if you get nauseated, pause and take a break for an additional 30 minutes.

### Day Of Your Procedure:

-Nothing to drink after midnight. You may take your normal medications as usual with water up to 3 hours prior to your procedure.

**Step 3: IF DIRECTED BY PHYSICIAN** Drink 10 oz of Magnesium Citrate

-Stop drinking clear liquids 3 hours prior to your procedure.

-Bowel movements usually start within 1 or 2 hours after you begin drinking and usually continue for 1 or 2 hours after you finish.

-It is normal to feel full and somewhat bloated while you are drinking the prep. If you become nauseated, slow your pace of drinking.

### Additional Day Of Your Procedure Notes:

- In the morning, you should use inhalers, and take heart, blood pressure, seizure, anti-anxiety, and respiratory medications with a sip of water, enough to swallow them (no blood thinners or oral diabetic medications). You should wake up early and take these at least 3 hours before your test, even if you are having an EGD with your colonoscopy.
- On the morning of the procedure, you may pass some cloudy or dark liquid stool. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine.
- Female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia the day of the procedure. Please avoid urinating prior to arrival the day of your procedure to prevent delay or possible cancellation.

### Colon Cleansing Tips:

- Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30–90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- On the morning of the procedure, you may pass some cloudy or dark liquid stool. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine.
- It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over-the-counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories

