

COLONOSCOPY Prep Instructions: MiraLax and Gatorade Dosing

Location: Berkeley Endoscopy Center at 1072 Wildewood Centre Drive, Columbia, SC 29229

Date: _____ Arrival time: _____ am /pm

If you need to reschedule, cancel or have any questions, please contact 803-788-1100 option 6.

Please call 803-719-5242 to let us know you have arrived for your procedure.

Key Instructions:

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be cancelled.

- DO NOT eat any solid foods after the light breakfast.
- Buy your bowel preparation at least **5 days** before your colonoscopy.
- **Do NOT** mix the solution until the day before your colonoscopy.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your procedure cannot be done with sedation and may be canceled. You **MUST** remain in the endoscopy center until you recover from sedation. **The entire process from arrival to discharge can take 3-4 hours. Please plan accordingly, as delays can often occur.**
- Wear comfortable, loose fitting clothing.
- Please bring with you any inhalers.
- Please do not bring any jewelry or other valuable items to the endoscopy center for your procedure.

Medications:

Some of the medicines you take may need to be stopped or adjusted temporarily before colonoscopy.

3-5 Days before your Colonoscopy:

- Stop Aspirin **such as** Ibuprofen.
- Stop Iron Supplements-**such as** Tandum Plus, Bifera, Ferrous Sulfate, Folic acid, Integra Plus
- Stop Arthritis medication such as Celebrex, Mobic, Ultram, Voltaren, Plaquenil, Naproxen). Do **NOT** take over the counter Aleve or Motrin.

You must speak to the prescribing physician on when you can stop taking these medications. Please do not stop taking without the consent of the physician.

- Blood thinners- **such as** Coumadin* (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), and Effient (Prasugrel).

Insulin and diabetes medications

- Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. The following is some information to guide you:
- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular insulin, do not take it on the day of your procedure.
- If you taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus, Humalog or 70/30 insulin, contact your prescribing physician for instructions.
- Please **take ALL** other prescribed medicines with a sip of water on **the day of your colonoscopy.**

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You will need to pick up from your pharmacy (a prescription for:

- One (1) Zofran ODT tablet –for nausea

You will need to buy the following over-the-counter (no prescription is needed).

- One 64-ounce or two 32-ounce of Gatorade, Propel, Crystal Light or other noncarbonated clear liquid drink (**no red, purple or orange colors**). If you have diabetes, you may use sugar-free Gatorade or Crystal Light.
- Docolax (bisacodyl) laxative (not suppository or a stool-softener, you will need 4 tablets for the prep). (You may choose a generic brand).
- MiraLAX 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in the laxative section).

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Avoid high-fiber foods—such as popcorn, beans, seeds (flax, sunflower and quinoa), multigrain bread, nuts, salad/vegetables, fresh and dried fruit. Avoid fiber supplements—such as Metamucil, Citrucel.

ONE (1) DAY BEFORE YOUR PROCEDURE

- DO NOT eat any solid foods after the light breakfast. The **clear liquids** you can drink include:
- Water, apple or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade or other sports drinks (not red or orange); Kool-Aid or other flavored drinks (**not red, purple or orange colors**). You may eat plain jello or gelatins (not red or orange) or popsicles (**not red, purple or orange colors**).
- **Do NOT** drink alcohol on the day before or the day of the procedure or smoke cannabis (marijuana), as this can cause interaction with sedation.

When to Drink Your Bowel Prep:

The day before your procedure:

In a pitcher mix the MiraLAX with the 64 ounces of Gatorade. Stir/Shake the contents until the entire contents of the MiraLAX are completely dissolved.

Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution.

Morning Appointments (Before 1:00 p.m.)

Step 1.

- **Before 8 a.m.:** You may have a light breakfast, **one (1) piece of toast and one (1) cup of coffee/tea.**
- **After 8 a.m.:** You may only have clear liquids.
- Increase your fluid intake to at least 6-8 glasses of clear liquids. This will help lessen stomach cramping.
- **At 5:00 p.m.** take 4 tablets of Dulcolax laxative pill with water by mouth.
- **At 5:15 p.m.:** Begin drinking the Gatorade/MiraLAX solution. Drink one 8-ounce glass every 15 minutes until the ENTIRE prep is consumed. You may drink this it directly or through a straw. **It is normal to have bloating and nausea, this is temporary and will improve once bowel movements start.**
- **At 5:30 p.m.** take the Zofran ODT tablet-this will help with the nausea. Place under the tongue and allow it to dissolve and then you may swallow the remnants with saliva only.
- **You may continue** to drink clear liquids up **until 4 hours before the procedure.**
- **Anal irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over the counter remedies, such as hydro-cortisone cream, baby wipes, Vaseline, or TUCKS pads.**

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Afternoon Appointments (AFTER 1:00 p.m.)

Step 1.

- You may only have **clear liquids**. Increasing your fluid intake to at least 6-8 glasses of clear liquids. This will help lessen stomach cramping.
- **At 5:15 a.m.** take 4 tablets of Dulcolax laxative pill with water by mouth.
- **At 5:30 a.m. Begin** drinking the Gatorade/MiraLAX solution. Drink one 8-ounce glass every 15 minutes until the ENTIRE prep is consumed. You may drink this it directly or through a straw. **It is normal to have bloating and nausea, this is temporary and will improve once bowel movements start.**
- **At 5:45 a.m.** take the Zofran ODT tablet-this will help with the nausea.
- You **MUST finish** drinking the prep by **9:00 a.m.**
- **You may continue** to drink clear liquids up until **4 hours of your procedure time.**
- **Anal irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over the counter remedies, such as hydro-cortisone cream, baby wipes, Vaseline, or TUCKS pads.**