

## COLONOSCOPY PATIENT INSTRUCTIONS: MIRALAX SPLIT PREP

Your colonoscopy with Dr. \_\_\_\_\_ is scheduled on \_\_\_\_/\_\_\_\_/\_\_\_\_  
At Barton Memorial Hospital 2170 South Ave. South Lake Tahoe, CA 96150. You will check in at the main entrance to the hospital. If you can not attend your same day appointment please call the Endoscopy Department at **530-543-5960**. Please call for any symptoms of fever, cough or shortness of breath the day of your procedure.

Your follow up appointment in the Doctor's office will be Date: \_\_\_\_\_ Time: \_\_\_\_\_

If you need to change or cancel your appointment prior to the day of the appointment please call your doctor's office at **530-543-5691** (Drs Shepard or Evans) or **530-543-5985** (Dr. Brumand)

A nurse will call you 1-2 weeks prior to your appointment to discuss your instructions, give you an arrival time and answer questions. Please answer the phone or return the nurse's call. *Please read and follow all instructions completely. If your colon is not clean your procedure will need to be rescheduled.*

### You will need to purchase the following:

- Miralax (Polyethylene Glycol 3350) one 238 gram bottle. The generic or store brand works just as well as the name brand. No prescription is required.
- IF YOU ARE UNABLE TO FIND THE 238 GRAM BOTTLE: 14 of the individual dose packets is the same amount. This may require you to buy more than one box of packets.
- Dulcolax (bisacodyl) tablets, a box that contains at least 4 tablets. The generic or store brand works just as well as the name brand. No prescription is required.
- 64 ounces of Gatorade or other sports drink in any flavor that is not red or purple in color.
- A variety of clear liquids to drink the day before your colonoscopy: clear pulpless fruit juice, Gatorade or other sports drink, clear soft drinks, Jello, clear broth, sparkling water. Avoid red and purple colors.
- You may also wish to purchase moist cleansing wipes and soothing ointment such as Vaseline or Desitin to protect the anal area.



### 7 DAYS PRIOR TO COLONOSCOPY:

- Avoid nuts, seeds, whole grains, beans, corn, raw fruits and vegetables to make it easier to clean out your colon. A clean colon means a thorough exam.
- Stop taking iron, multivitamins and herbal supplements. These can affect bleeding or make it harder to clean out your colon.
- Discontinue medications for diarrhea, such as Imodium and Kaopectate

### **3 DAYS PRIOR TO COLONOSCOPY:**

- Stop taking aspirin, ibuprofen (Motrin), naproxen (Aleve), or other over the counter NSAIDS. If you have been prescribed aspirin by a doctor; please follow the instructions the Barton Nurse gave you for taking your aspirin.
- Purchase your bowel prep medications if you haven't already done so.
- Eat a low residue (low fiber) diet to make your colon easier to clean.

#### **Low residue diet means you may eat:**

- Well-cooked or canned fruits and vegetables without seeds including: asparagus, beets, carrots, mushroom, green beans and potatoes without skin.
- Chicken, fish, beef, pork, tofu or eggs. Milk, cheese, ice cream without nuts or seeds and yogurt.
- Baked goods made with white flour, cakes, cookies, pudding, cream of wheat/grits, white rice, and refined pastas/noodles.
- Margarine, butters/oils, smooth sauces and dressings.
- Ripe bananas, melon, avocado, soft cantaloupe, honeydew.
- Hard candy and popsicles

**Avoid food with high fiber including** nuts, seeds, whole wheat bread, oatmeal/cereals, granola, beans, corn/popcorn, pepper, raw/dried fruit or vegetables with seeds and skin, salads, beverages with pulp, nutritional supplements that contain fiber.

### **1 DAY PRIOR TO COLONOSCOPY:**

- In the morning when you wake up; begin your clear liquid diet and mix your Miralax and Gatorade solution so that it will be ready to drink this afternoon.
- To prepare your bowel preparation solution: Mix the entire 238 gram bottle of Miralax powder with the 64 ounces of Gatorade, shake until Miralax is dissolved (divide it evenly if you have 2 Gatorade bottles) and place in the refrigerator to chill.
- Do not follow the dosage instructions on the Miralax bottle. You will use the ENTIRE bottle of powder. If you bought the Miralax individual packets: you will use a total of 14 packets total to equal 238 grams.
- **Do not eat ANY solid food the day before your colonoscopy.** Restrict your diet to clear liquids only.
- Drink plenty of clear liquids the day before your colonoscopy. A clear liquid is transparent, not colorless (liquids that you would be able to read a newspaper through.) Clear liquids include: water, mineral water, clear fat-free broths (chicken, beef, vegetables, or bone broth), clear pulpless fruit juices (lemonade, apple, white grape, or white cranberry juice), Crystal Light, Gatorade or other sports drinks, ginger ale and other clear carbonated and non-carbonated soft
- drinks, black coffee or tea (with no milk or cream), Jello made with water (not milk), popsicles without fruit pulp.
- Avoid liquids with red or purple coloring. These can look like blood when we examine your colon.
- Avoid alcohol on the day prior to your colonoscopy.
- Begin your bowel preparation at the instructed time and take it completely to ensure a good exam.

### **BOWEL PREPARATION**

(to be done one day prior to your procedure)

- You will be splitting the Miralax-Gatorade mixture in two halves and you will drink each half according to the following timeline:
- At 12 PM, take 4 Dulcolax tablets with 8 ounces of a clear liquid (each Dulcolax tablet has 5mg for a total of 20 mg).
- At 4:00 PM, begin drinking 8 oz. (one glass) of the Miralax-Gatorade mixture every 10-15 minutes until you have finished HALF (32 ounces) of the mixture. Refrigerate the remaining half of the prep solution. You will drink the remaining half in the morning.
- Drink an additional 16 ounces of the clear liquid of your choice after consuming the bowel prep mixture to stay hydrated over the next 1-2 hours.

### **Bowel Preparation tips:**

- Using a straw may help you to drink the Miralax-Gatorade mixture more easily.
- If you are working the day before your procedure, make arrangements to be home to start drinking your bowel preparation solution. You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom once you start drinking your bowel preparation solution.
- You can expect to have severe diarrhea with mild abdominal bloating and cramps. This is a normal response to these medications and means the medication is working to clear stool from your colon.
- If you become nauseated or vomit: stop drinking the bowel preparation solution for 30-60 minutes, then slowly resume. Drinking the solution more slowly can help you finish all of the bowel preparation.
- It is very important to finish all of the bowel preparation solutions and tablets. If your bowel is not clean when you arrive, your procedure will need to be rescheduled in order to prevent incomplete or poor examination. .
- Please note the color and transparency of your bowel movements so you can report to the nurse. A “clear” result is transparent, watery and clear or yellow in color.
- Stay hydrated with at least 12 glasses of clear liquid of your choice (8-10 oz each) throughout the day, in addition to the bowel preparation solution, to prevent dehydration.
- If your bottom gets sore during the preparation you can use baby wipes, Vaseline or Desitin applied to the anal area for relief.

### **DAY OF COLONOSCOPY:**

- 6-8 hours before your procedure time, even if it is in the middle of the night, begin drinking the other half (32 ounces) of the Miralax-Gatorade mixture. Drink 8 oz. (one glass) every 10-15 minutes until you finish the mixture. Then, drink an additional 16 ounces of clear liquid. You must be done drinking all of your bowel preparation and any additional fluids 4 hours prior to your scheduled procedure time. Timing is important.
- You may continue drinking clear liquids until **4 hours** prior to your *arrival* time. Please take any necessary heart, blood pressure, anti-seizure or Parkinson’s medication within this time limit.
- **You must have an adult you know drive you home.** You may not take a taxi or Uber alone, or walk home from a procedure after having sedation. If you do not have a ride you may not have a procedure with sedation. No exceptions will be made.
- Have the contact information for your ride home and ask them to answer our call. We must be able to confirm your ride.
- Remove jewelry and piercings before arriving at the hospital.
- Do not bring valuables to the hospital. Bring storage containers for dentures, removable bridges, contact lenses, hearing aids and glasses. Bring your identification and insurance card.
- Please do not bring any medications from home into the hospital, except inhalers.
- Plan on spending up to three hours at the hospital. Your ride does not have to stay at the hospital. They should remain within a 30 minute drive of the hospital and available by telephone.
- You will not be able to work or drive the day of your procedure. In most cases you can resume normal activities the following day.

### **IF YOU TAKE DIABETES MEDICATIONS:**

- You may need to change the way you take oral diabetes medications and insulin in the days before your procedure.
- A nurse will instruct you on any changes required for your diabetes medications during the pre-procedure phone call which takes place 1-2 weeks before your procedure. Please make sure you answer the phone or return the nurse's call so you can receive these important instructions.

**IF YOU TAKE BLOOD THINNERS OR NSAIDS:**

- You may need to stop taking your blood thinner or NSAID prior to your procedure if it is safe for you to do so.
- A nurse will give you instructions specific to the blood thinner or NSAID you are taking during the pre-procedure phone call which takes place 1-2 weeks before your procedure. Please make sure you answer the phone or return the nurse's call so you can receive these important instructions.
- If the nurse instructs you to hold your blood thinner or NSAID for a number of days please do so, as it will decrease your risk of bleeding after the procedure. Tell us upon arrival on your procedure day whether you held your blood thinner or continued taking it.
- Over the counter pain medications classified as NSAIDS should be held for 3 days prior to your procedure.

**OTHER PRESCRIPTION MEDICATIONS:**

- Most other prescription medications will be taken as you normally do. A Barton nurse will speak with you prior to your procedure to give you specific instructions regarding the medications you take.

<b>Antiplatelet and Anticoagulant agents:</b>	<b>Non-steroidal anti-inflammatory drugs (NSAIDS):</b>
Rivaroxaban (Xarelto) Dabigatran (Pradaxa) Aspirin Enteric Coated Aspirin Apixaban (Eliquis) Enoxaparin (Lovenox) Dipyridamole/Aspirin (Aggrenox) Pentosan Polysulfate (Elmiron) Cilostazol (Pletal) Prasugrel (Effient) Ticagrelor (Brilinta) Warfarin (Coumadin) Heparin Dipyridamole (Persantine) Ticlopidine (Ticlid) Anisindione (Miradon) Clopidogrel (Plavix)	Ibuprofen (Motrin, Advil, Nuprin, Rufen) Diclofenac (Voltaren) Naproxen (Aleve) Oxaprozin (Daypro) Ketoprofen (Actron, Orudis) Sulindac (Clinoril) Meloxicam (Mobic) Indomethacin (Indocin) Piroxicam (Feldene) Ketorolac (Toradol) Nabumetone (Relafen) Tolmetin (Tolectin)