

# Colonoscopy

MiraLAX Gatorade: Procedure Instructions

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

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

## Special Instructions:

**You must speak with someone at the surgical center to confirm your appt time 2 days before your procedure.**

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 are pregnant, please discuss the risks and benefits of this procedure with your physician.

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 10 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 one week before your colonoscopy.

### Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- You will not be allowed to use any form of public transportation following your procedure, which includes: Taxi, Bus, Ride-share service, Uber, Lyft and the like.
- The test may be cancelled if you do not have a driver, there will be no exceptions.
- 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 or bisacodyl tablets (5 mg tablets)

### 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. If this cannot be achieved, the test may be incomplete, and abnormalities may be missed.

- 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):**

It is important to prepare your body with plenty of clear liquids before the prep. The explanation of a clear liquid diet is anything you can see through if held up to a light. **Try to drink at least 8oz of clear liquid every hour during your prep.**

### 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

- **Taking The Prep: First Dose of MiraLAX**

**Step 1:** At 8:00AM, mix the entire 238-gram bottle of MiraLAX with 64oz of Gatorade and shake until MiraLAX is dissolved. Refrigerate.

**Step 2:** At 1:00 PM take the 4 Dulcolax tablets with an 8oz glass of clear liquids.

**Step 2:** At 6:00 PM drink an 8oz glass of your prepared MiraLAX solution every 10 to 15 minute until it is halfway gone.

**Step 3:** You must drink an additional 32oz of water over the next hour.

- **Taking The Prep: Second Dose of MiraLAX**

### Morning of Procedure – 4 hours prior to procedure arrival time

**REPEAT STEPS 1 THROUGH 4**, drinking the entire prep solution and an additional 32oz glass of water/clear liquid to follow. You must finish drinking all liquids at least 4 hours before the procedure time.

-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.

# Colonoscopy

MiraLAX Gatorade: Procedure Instructions

## Day Of Your Procedure:

- 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 2 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.

## Questions:

- If you have questions, or if you find you cannot tolerate the prep, then please call our patient line at **(561) 964-8221**.

