Colonoscopy Prep Instructions:

MiraLAX

IMPORTANT: Please read these instructions at least 2 weeks before your colonoscopy

PROCEDURE: Colonoscopy

DATE OF PROCEDURE:

If you need to reschedule, cancel, or have any questions about your procedure please contact 605-697-9664 before 5 p.m. or 605-696-9000 after hours.

KEY INSTRUCTIONS:

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

- Do NOT eat solid food the ENTIRE day before your colonoscopy.
- 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 yourself home after your colonoscopy. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be cancelled.
- You MUST remain in the hospital until you recover from sedation. The entire process from arrival to discharge may take 3-4 hours.
- Please do not bring any jewelry or other valuable items to the hospital for your procedure.
- Please contact your insurance company to verify your benefits prior to your procedure.
- Report to the Southeast Entrance of the Brookings Health System for your procedure.
- The hospital will contact you 2 business days prior to your procedure to schedule an arrival time.

MEDICATIONS:

SEVEN (7) DAYS BEFORE YOUR COLONOSCOPY

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

- Blood Thinners – Such as Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (dabigatran), Eliquis® (apixaban), Effient® (prasugrel), and Aspirin: You must speak with your prescribing physician or the specialist performing the procedure at least 2 weeks before the scheduled test. Do not stop these medication without the consent of your physician.
• **Insulin and Diabetic Medications** – Please call your doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation.
• Do **NOT** take products that contain iron such as multivitamins (the label lists what is in the products) 7 days before your colonoscopy.
• Do **NOT** take Ibuprofen 7 days prior to your colonoscopy. Tylenol is okay to take up to the day before your colonoscopy.
• Do **NOT** drink alcohol 7 days prior to your colonoscopy.

**YOU NEED TO BUY THE FOLLOWING (No Prescription Needed):**

• One 64 ounce (or two 32 ounce or equivalent) bottles of Gatorade®, Propel®, Crystal Light®, or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade.
• Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener), you will need 8 tablets for the prep.
• MiraLAX® 8.3 ounces (238 grams) powder or generic polyethylene glycol 3350 (can find in the laxative section).

**THREE (3) DAYS BEFORE YOUR COLONOSCOPY PREPARATION (See additional handout for examples.)**

Avoid high-fiber foods – such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad, raw vegetables or vegetables with skin, fresh and dried fruit. Avoid fiber supplements – such as Metamucil®, Citrucel®, or Konsyl®.

**ONE (1) DAY BEFORE YOUR COLONOSCOPY**

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do **NOT** eat any solid foods. The clear liquids you can drink include:

• Water, apple or white grape juice, fat free/low sodium 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), Kool-Aid, or other flavored drinks (not red). You may eat plain Jell-O or other gelatins (not red) or popsicles (not red).

**WHEN TO DRINK YOUR BOWEL PREP**

The day before your colonoscopy:

In a pitcher, mix the 8.3 ounces of MiraLAX with the 64 ounces of Gatorade (or Propel/Crystal Light/Noncarbonated clear liquid). Stir/shake the contents until the entire contents of MiraLAX is completely dissolved.

Chill if desired. Do **NOT** add ice, sugar, or any other flavoring to the solution.
*** PLEASE CHOOSE ONE OF THE OPTIONS BELOW FOR YOUR COLONOSCOPY PREP. ***

(You can choose whichever option works best for you to complete your prep. Option 1 OR Option 2.)

<table>
<thead>
<tr>
<th>OPTION 1</th>
<th>SPLIT DOSING PREP</th>
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<tbody>
<tr>
<td><strong>DAY BEFORE YOUR COLONOSCOPY:</strong></td>
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<tr>
<td>• 1:00 p.m. – Take 4 Dulcolax tablets.</td>
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<tr>
<td>• 4:00 p.m. – Take 4 Dulcolax tablets.</td>
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<tr>
<td>• 7:00 p.m. - Drink the first half of MiraLAX and Gatorade (or other recommended clear liquid) solution. Finish drinking the liquid in 1 hour. You may drink it directly or through a straw. You may continue to drink clear liquids until midnight.</td>
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<tr>
<td><strong>MORNING OF YOUR COLONOSCOPY:</strong></td>
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<tr>
<td>• 4 Hours Before Arrival – Drink the second half of MiraLAX/Gatorade (or other recommended clear liquid). Finish drinking the liquid in 1 hour.</td>
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Please do not consume anything else by mouth after the Gatorade/MiraLAX solution is completed unless otherwise directed by performing physician’s office.

<table>
<thead>
<tr>
<th>OPTION 2</th>
<th>EVENING BEFORE PREP</th>
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</tr>
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</tr>
</tbody>
</table>

Please do not consume anything else by mouth after midnight unless otherwise directed by performing physician’s office.