

## 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.

<b><u>YOU NEED TO BUY THE FOLLOWING (No Prescription Needed):</u></b>
<ul style="list-style-type: none"> <li>• <u>64 total ounces</u> of either Gatorade®, Propel®, Crystal Light®, or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade.</li> <li>• Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener), you will need <u>8 tablets</u> for the prep.</li> <li>• MiraLAX® <u>8.3 ounces</u> (238 grams) powder or generic polyethylene glycol 3350 (can find in the laxative section).</li> </ul>

**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), Agrylin® (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.

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

**Dates:**

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®.

## DAY OF PREP:

**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).

**\*\*\* 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.)

<b><u>OPTION 1</u></b> <b>SPLIT DOSING PREP</b>	<b><u>OPTION 2</u></b> <b>EVENING BEFORE PREP</b>
Mix the 8.3 ounces of MiraLAX with the 64 ounces of clear liquid until completely dissolved. Chill if desired. Do <b>NOT</b> add ice, sugar, or any other flavoring to the solution.	
<p><b><u>DAY BEFORE YOUR COLONOSCOPY:</u></b></p> <ul style="list-style-type: none"> <li>• <b>1:00 p.m.</b> – Take 4 Dulcolax tablets.</li> <li>• <b>4:00 p.m.</b> – Take 4 Dulcolax tablets.</li> <li>• <b>7:00 p.m.</b> - Drink the first half of MiraLAX and Gatorade (or other recommended clear liquid) solution. <u>Finish drinking the liquid in 1 hour.</u> You may drink it directly or through a straw. You may continue to drink clear liquids until midnight.</li> </ul> <p><b><u>MORNING OF YOUR COLONOSCOPY:</u></b></p> <ul style="list-style-type: none"> <li>• <b>4 Hours Before Arrival</b> – Drink the second half of MiraLAX/Gatorade (or other recommended clear liquid). <u>Finish drinking the liquid in 1 hour.</u></li> </ul> <p>Please do not consume anything else by mouth after the Gatorade/MiraLAX solution is completed unless otherwise directed by performing physician's office.</p>	<p><b><u>DAY BEFORE YOUR COLONOSCOPY:</u></b></p> <ul style="list-style-type: none"> <li>• <b>1:00 p.m.</b> – Take 4 Dulcolax tablets.</li> <li>• <b>4:00 p.m.</b> – Take 4 Dulcolax tablets.</li> <li>• <b>7:00 p.m.</b> – Start drinking the MiraLAX and Gatorade (or other recommended clear liquid) solution. <u>Finish drinking the liquid in 2 hours.</u> You can continue to drink clear liquids until midnight.</li> </ul> <p>Please do not consume anything else by mouth after midnight unless otherwise directed by performing physician's office.</p>