

COLONOSCOPY Prep Instructions: MiraLax and Gatorade

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 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, 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.
- 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 buy the following (no prescription needed):**

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

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 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 or orange). You may eat plain jello or gelatins (not red or orange) or popsicles (not red or orange).
- **Do NOT** drink alcohol on the day before or the day of the procedure.

**When to Drink Your Bowel Prep**

The day before your procedure:

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

In a pitcher mix the 8.3 ounces of MiraLAX with the 64 ounces of Gatorade or Crystal Light. Stir/Shake the contents until the entire contents of MiraLAX are completely dissolved.

**Morning Appointments** (Before 12 noon)

 **OPTION 1- Split dosing Prep** (split dose is considered best option)

**Step 1.**

- **At 5 p.m.** take 4 tablets of Dulcolax laxative pill with water by mouth.
- **At 7 p.m.** drink the first half of the Gatorade or Crystal Light/MiraLAX solution. Drink one 8-ounce glass every 10 minutes. You may drink it directly or through a straw. You may continue to drink clear liquids only until midnight.

**Step 2. The day of the colonoscopy (4 hours before your scheduled procedure).**

- Take the second half of the Gatorade or Crystal Light/MiraLAX solution. Drink the one 8-ounce glass every 10 minutes until completed.

**Please do not consume anything else by mouth after the Gatorade or Crystal Light / MiraLAX solution is completed.**

 **OPTION 2- EVENING Before Preparation**

- **At 6 p.m.** take 4 tablets of Dulcolax laxative pill with water by mouth.
- **At 8 p.m.** The evening before your colonoscopy start drinking **the** Gatorade or Crystal Light/MiraLAX solution. Drink one 8-ounce glass every 10 minutes until completed. You may continue to drink clear liquids until midnight.

**Please do not consume anything by mouth after midnight**

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

- **At 6 a.m.** take 4 tablets of Dulcolax laxative pill with water by mouth.
- **At 7 a.m.** start drinking the Gatorade or Crystal Light/MiraLAX solution. Drink one 8-ounce glass every 10 minutes until completed. Make sure you finish by 10 a.m.
- You may continue to drink clear liquids up to 4 hours before the time of your procedure.