

## MiraLax (polyethylene glycol) Split Preparation Instructions for Colonoscopy

**Please read 7 days before your colonoscopy**

**PROCEDURE DATE:** \_\_\_\_\_ You will be called by the surgical nurses 24-48 hours in advance with your arrival time.

Buy the following at **any drug store**; i.e., CVS, Walgreens, Walmart, Rite Aid, etc:

- **MiraLax Powder** (polyethylene glycol) 238 grams / 8.3 oz.
- **Dulcolax** (bisacodyl): (6) x 5 mg laxative tablets
- **Liquids:** Gatorade, Propel, Crystal Light, Smart Water, or your choice of clear liquids 8 cups/64 ozs. (See Chart on Page 2: **NO RED, NO PURPLE**)

### **Medication Information:**

- Continue prescription medications for heart disease, asthma, and seizure disorders.
- Do not stop your Aspirin (ASA), Vitamins or NSAIDS (Advil, Motrin, Ibuprofen, etc.)
- **3 days before** your colonoscopy, **stop taking** iron & fiber supplements, nuts, seeds, thick skinned, raw vegetables and fruit. You may remove skins and cook the vegetables. You may peel, then eat the raw fruit.
- **BLOOD THINNERS:** If you take any prescribed blood thinners, please consult the treating physician to determine if and when it is safe to stop before your colonoscopy.
  - **Warfarin(Coumadin), Dabigatran(Pradaxa), Apixaban (Eliquis), Rivaroxaban (Xarelto), Clopidogrel(Plavix)**
- **DIABETES MEDICATIONS:**
  - **Insulin**-consult the prescribing doctor about dosage.
  - **Oral Diabetic Medications**-do not take PM dose before colonoscopy or AM dose the day of your colonoscopy.

*CONTINUE PREP INSTRUCTIONS ON THE NEXT PAGE*

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## **THE ENTIRE DAY BEFORE YOUR COLONOSCOPY ONLY DRINK/EAT CLEAR LIQUIDS**

**Clear Liquids:** No Red, Blue or Purple liquids. Continue **clear liquids** until 4 hours prior to your colonoscopy.

### **CLEAR LIQUID DIET GUIDELINES**

Propel, Gatorade, Powerade

Smart Water

Coconut Water(not milk)

Tea/Coffee ( no cream/milk)

Broth

Apple Juice

Water

White Cranberry Juice

Jello

Popsicles/Icee/Italian Ice

Ginger Ale

Lemonade

Crystal Light

Ice Tea

Hard Candy

## **THE DAY BEFORE YOUR COLONOSCOPY**

**\*\*STAY NEAR A BATHROOM AS THE MEDICINE MIGHT WORK QUICKLY!\*\***

### **3:00 PM**

- 1) **Take 2 Dulcolax (Bisacodyl) tablets** with 8 oz/1 cup of a clear drink
- 2) **Mix the entire 238 gram/8.3 oz bottle of MiraLax Powder** (polyethylene glycol) with 64 oz/8 cups of Gatorade, Propel, Crystal Light, Smart Water, or your choice of clear liquids listed above. Place in refrigerator.

### **4:00 PM**

Between 4:00pm-7:00pm **begin drinking (1) 8 oz/1 cup of MiraLax prep every 20 minutes** until you have completed a total of (4) 8 oz glasses (4 cups). If you feel bloated, crampy, nauseated or if you vomit, take a 15-30 minute break. Then begin again until the four (4) glasses are completed.

### **8:00 PM**

**Take 2 Dulcolax (Bisacodyl) tablets** with 8 oz/1 cup of a clear drink. Continue clear liquids.

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## THE DAY OF YOUR COLONOSCOPY

**6-8 hours prior to your arrival time:**

- 1) Take the last 2 Dulcolax (Bisacodyl) tablets with 8 oz/1 cup of a clear drink.
- 2) Stir and drink the remaining (4) 8 oz glasses (4 cups) of MiraLax preparation.



## 4 HOURS BEFORE YOUR COLONOSCOPY

**NO DRINKING/EATING/CHEWING/SMOKING**

*CONTINUE PREP ON THE NEXT PAGE*

**STOOL SHOULD BE COMPLETELY LIQUID AND CLOUDY TO CLEAR YELLOWISH-YOU SHOULD BE ABLE TO SEE THE BOTTOM OF THE TOILET. IF YOUR STOOL IS BROWN OR NOT LIQUID, PLEASE, LET THE FRONT DESK KNOW WHEN YOU ARRIVE.**

Write a list of questions to review with nurses when they call you 24-48 hours before your appointment or you may call the clinical staff any time before your colonoscopy if you have any questions.

Your responsible **adult ride** (over age 18) must stay in the facility until your colonoscopy is completed and you are ready to leave. **NO unaccompanied TAXI or UBER** will be allowed. Private ride services may be available for a fee; please ask. **NO driving, operating machinery or drinking alcohol** until the day after your colonoscopy due to the medications given for your sedation.

If urgently need to speak to the on-call physician, you may call (703) 280-2841 between 4:30pm-8:30AM. If it is an emergency go to the nearest Emergency Room or call 911.

## **INFORMATION FOR PATIENTS PREPARING FOR COLONOSCOPY**

### **What is a COLONOSCOPY?**

A procedure on a completely clean colon without stool in it, using a flexible scope with fiber optics to look at the entire colon (also known as the large intestine) for precancerous polyps, inflammation, causes of bleeding, or colon cancer. It allows for treatment such as removal of polyps, biopsies of unusual areas, or control of bleeding.

### **How long will the COLONOSCOPY take?**

The procedure usually lasts from **20-30 minutes** but can take longer if polyps are present, if the colon is long or twisted, or if excessive scar tissue exists. You will be at the Center that day for approximately **2-2.5 hour(s)**.

### **Will I be asleep DURING the PROCEDURE?**

The procedure is usually done with anesthesia, using a deep IV sedation with an anesthesiologist present. You are asleep but breathing on your own. This is done for your comfort, to prevent cramping or pain during the procedure.

### **What are my Restrictions after the PROCEDURE?**

You must make arrangements to have someone with you the day of the procedure to drive. This is a center policy and we will not allow you to go through the procedure without a responsible person to accompany you home. This person must be prepared to stay in the facility the duration of your procedure. You may not drive, work, or drink alcohol. Most people can return to work and all normal daily activities the morning after their procedure.

### **What are the possible RISKS?**

Complications are very uncommon. They include, but are not limited to, missed polyps, inability to complete the procedure, perforation, bleeding, and anesthetic complications. If one does occur it will be treated appropriately. This could very rarely require hospitalization, medication, additional procedures, blood transfusion, or surgery.

### **What are the ALTERNATIVES to COLONOSCOPY?**

Colonoscopy is the gold standard for Colon Cancer Screening. Alternatives to Colonoscopy include stool testing, sigmoidoscopy (looks only at lower colon), Barium enema (radiology study) and 3-D virtual colonoscopy (CT scan study). Colonoscopy is the only test that allows for biopsies, treatments, and removal of polyps.

### **When will I know the RESULTS?**

Visual results will be given immediately both verbally and written, with you and to whom you direct. You may not remember clearly after the anesthesia. If biopsies were taken, your pathology results will be mailed to you. A report should be sent to your referring physician. If they do not receive one let us know and we will be happy to send them one. After a routine colonoscopy, office follow-up is not usually necessary. Your next recommended colonoscopy is based on family history, findings during the colonoscopy, pathology results or other risk factors.

### **Does my INSURANCE cover a COLONOSCOPY?**

Colonoscopies are frequently covered by insurance. The procedure will be pre-certified by our office if your insurance company requires it. You may still be responsible for a deductible, co-payment, pathology or anesthesia. Some insurance companies have restrictions on anesthesia or procedure location. It is always safest for you to check with your insurance company to eliminate doubts and surprises.