

Colonoscopy Prep Instructions: 2-day extra MiraLAX

Follow these instructions if you have constipation, take opioid pain medications, take a GLP agonist, or have had a poorly prepped colonoscopy in the past.

What is a colonoscopy “prep” and why is it important?

A “prep” is a process of using medication and fluids to empty your colon of all solid matter (poop). It is important to prep your colon so your doctor can see polyps or any areas of concern during the exam.

What do I need to do to get ready?

- **Purchase your supplies.** You will need all of the following items. They can be found at most grocery or drug stores.
 - Four bisacodyl 5 mg (Dulcolax) tablets.
 - One 238-gram bottle of PEG 3350 powder (MiraLAX or generic) PLUS 1 box of single-serving (17g) packets.
 - 64 ounces (2+ bottles) of Pedialyte, Gatorade, Powerade, or Crystal Light. **NO red or purple.**
 - Four simethicone (Gas-X) chewable tablets or soft-gels.

The bisacodyl and PEG powder work to soften and flush stool and solid matter from your colon so your doctor can see clearly during the test. The simethicone helps eliminate gas bubbles in the colon.

All are needed to ensure your doctor has a clear view inside your colon.

- **Ask about your medications.** If you are on blood thinners, have an implanted cardiac device (such as an AICD or pacemaker), or are being treated for diabetes, talk with your prescribing doctor before your procedure. Find out when to stop or how to adjust your blood thinning medications or insulin (if using) before the exam. If you have an implanted device, your doctor must approve your procedure.



Expect to hear from your care team about 1 week before your procedure date. They will call again the day before your procedure with the time you need to arrive.

If you need to cancel or reschedule, PLEASE CALL the number in your email instructions AT LEAST 7 DAYS before the day of your procedure. This allows for another patient to be scheduled at that time.

Blood thinner medications include:

- Coumadin (Warfarin) – Apixaban (Eliquis)
- Clopidigrel (Plavix) – Dabigatran (Pradaxa)
- Prasugrel (Effient) – Rivaroxaban (Xarelto)

Make arrangements for the day of your exam.

- Plan to take time off from work. You will have loose bowel movements (poops) for 8 to 12 hours during your prep and will need to be close to a bathroom. Because you may be sleepy after the procedure, do not plan to operate any machinery, cook by yourself, or make any important decisions later that day.
- Arrange to have a responsible person drive you to and from your exam. You will not be allowed to travel alone in a taxi or ride service (such as Uber or Lyft) after your appointment.
- Expect your appointment to last 2 to 3 hours (total time). Your care team will let you know if there are any delays.
- Please do not bring young children with you, if possible. The time spent waiting can be stressful for them.
- Have someone stay with you for the rest of the day after the procedure to make sure you do not have any side effects from the procedure or anesthesia.

What do I need to do to get ready? (Continued)

3 days before your exam

- **Stop eating the following:** nuts, seeds, whole wheat bread, beans, corn, raw vegetables, or fruits with seeds or skin.
- **Don't take any fiber supplements.** They can make it harder to get a successful prep.
- **Stop eating solid foods** after 7:00 p.m.

2 days before your exam

- **Follow a clear liquid diet.** Clear liquids include water, pulp-free fruit juices, carbonated beverages, clear, protein-free drinks with electrolyte such as Pedialyte (preferred), Gatorade, or Powerade, clear tea, gelatin (without fruit or toppings), fat free bouillon or fat free broth (no bone broth), and black coffee. **Avoid anything that contains red or purple dye.**
- **Take 1 full packet (17 grams) of MiraLAX powder** mixed with 8 ounces (1 cup) of liquid at breakfast, lunch, and dinner (3 packets total).



Managing your medications

- **If you have diabetes,** test your blood sugar before coming in for your exam. Bring the reading with you. Do not take oral diabetes medications (pills) on the morning of your procedure unless your doctor says it is okay.
- **Take your usual medications** (example: thyroid pills) in the morning with a sip of water. Take them **at least 4 hours before** your procedure is scheduled to begin.
- **To manage irritation from the prep,** consider using a small amount of zinc oxide or Aquaphor around your bottom. Baby wipes may help as well.

1 day before your exam

- **Stop taking your water pills (diuretics), if using.** This includes Lasix (furosemide).
- **Do NOT eat any solid food or dairy products, including milk. Drink only clear liquids all day.** water, pulp-free fruit juices, carbonated beverages, clear, protein-free drinks with electrolyte such as Pedialyte (preferred), Gatorade, or Powerade, clear tea, gelatin (without fruit or toppings), fat free bouillon or fat free broth (no bone broth), and black coffee. **Avoid anything that contains red or purple dye. Do not drink alcohol.**
- **At 2:00 p.m.:** Take the four 5 mg bisacodyl tablets.
- **At 5:00 p.m.:** Divide into 2 equal containers the 238-gram bottle of MiraLAX powder and 64-ounces of clear, protein-free drinks with electrolyte such as Pedialyte (preferred), Gatorade, or Powerade. Shake each half of the solution until the MiraLAX has dissolved. Take 2 chewable simethicone (Gas-X) pills.
- **Begin drinking the MiraLAX solution.** Drink 8 ounces (1 cup) **every 15 minutes** until **half** of the 64-ounce mixture is gone. If you become nauseated, you may need to slow down. Put the other half of the MiraLAX solution in the refrigerator for later. **Do NOT drink all the prep at one time.** Continue to drink clear liquids or water to stay hydrated.

On the day of your exam

- **6 hours before your procedure arrival time:** Take 2 simethicone pills. Finish your MiraLAX solution by drinking 8 ounces (1 cup) every 15 minutes until it is gone. You may have to get up in the middle of the night if you have an early morning exam.
You are only allowed to have your liquid prep solution and approved medications with sips of water the morning of the procedure. You may have sips of the following liquids **ONLY:** water, clear, protein-free sports drinks with electrolytes, or black coffee (without any milk or creamer).
- **4 hours before your procedure arrival time:** **STOP drinking fluids.** Your stomach must be completely empty to stay safe during your procedure.

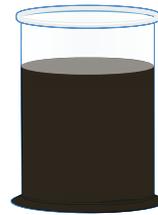
What should I bring to my appointment?

- Bring the following items with you:
 - Your insurance card and photo ID
 - Any completed forms, if assigned
 - Your glasses, hearing aids, and inhaler, if you use one
 - A current list of all medications you are taking and the dosages. Include all prescriptions, over-the-counter medicines, patches, inhalers, injections, herbal remedies, and vitamin supplements.
- Leave your valuables at home. This includes all jewelry (including wedding rings) and tongue piercings.
- Wear comfortable clothing that is easy to take on and off.

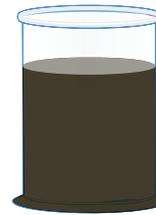
If you are a female of child-bearing age, you may be asked to provide a urine sample to check for pregnancy. If you are pregnant, talk with your provider about whether you need this procedure.

How do I know if my prep was successful?

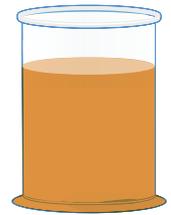
You will know that your prep was successful if your bowel movements are watery and clear like urine (pee). If they continue to be brown or they still contain solid matter within 2 hours before your appointment, call the clinic.



Dark and murky
NOT OK



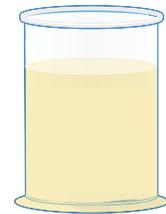
Brown and murky
NOT OK



Dark orange and semi-clear
NOT OK



Light orange and clear
ALMOST THERE



Yellow and clear
YOU ARE READY

Notes
