

# How to Prepare for Your Colonoscopy

## Miralax/Gatorade Prep

### Split Dose Regimen

For procedure the next morning

Key Instructions:

It is important for your colon to be completely clean for your doctor to do a thorough exam. Following the instructions will insure that you are well prepared. If you are unable to follow the instructions and you are NOT well prepped, your colonoscopy will have to be CANCELLED.

- Do NOT eat any solid food the Entire day before your colonoscopy.
- A designated driver must come with you and remain in the endoscopy area until you are discharged following your procedure.

### 14 Days Before Your Procedure

**Blood thinners** can be a risk for bleeding if biopsies are taken or polyps are removed during your procedure.

- Coumadin, Plavix, Ticlid, Aggrenox, Brilanta, and Effient need to be discontinued 5 days before the procedure with your physician's approval.
- Pradaxa and Xarelto need to be discontinued 24 hours before the procedure, again requiring your physician's approval.

The procedure will be cancelled unless we have heard from your physician

#### **Cardiac Devices**

Please notify our office if you have a cardiac **pacemaker, defibrillator or artificial** heart valve.

### 5 Days Before the Procedure

- Discontinue fiber supplements.
- Discontinue any iron containing medications.
- Discontinue blood thinners with your doctor's approval.

### 3 Days Before the Procedure

- Stop eating high fiber foods such as seeds, beans, popcorn, nuts, and fruits.
- Purchase the following over the counter items from the pharmacy:
  - Dulcolax 4 tablets (not the stool softener)
  - Miralax 1 bottle (8.3 ounces/238 grams)
  - Gatorade/Powerade 2, 32 oz bottles (but not red)

### 1 Day Before the Procedure

For your bowel to be properly cleansed, you will need to stay on clear liquids the entire day. Plan

on drinking liquids throughout the day. Clear liquids you can drink include:

- Water, apple juice, carbonated beverages such as Coke, Pepsi or Sprite, coffee or tea (without milk), Gatorade or Powerade, popsicles, jello, chicken broth. Hard candy is also permitted.
- Avoid milk products, no drinks or jello with red coloring.

## **Bowel Preparation**

### Day Before Procedure

#### **Step 1:**

- Mix the Miralax and Gatorade together and refrigerate.
- At 5 PM, take the 4 Dulcolax tablets.
- At 7 PM, drink the first half of the Gatorade/Miralax. You should try to drink one glass every 15 minutes until you have completed the bottle. You can continue clear liquids the rest of the evening.
- Sometimes nausea can occur. If so, take a break for 30 minutes. Sometimes sucking on some hard candy or brushing your teeth will help.
- At times some cramping may occur as the preparation works its way through your system. This should resolve over several hours.
- Anal irritation can be an issue. You can use baby wipes, Vaseline or Desitin or hemorrhoidal cream for discomfort.

#### **Step 2:**

##### **6 hours before the time of your scheduled procedure:**

- Drink the second half of the Miralax/Gatorade.
- Your goal should be to complete the second dose 4 hours before your scheduled procedure.
- After completing the liquids, you should
- stop all further liquid consumption. You must have nothing by mouth 3 hours before your scheduled procedure.

### Procedure Day

- You can take your usual medications with a sip of water 2 hours before your scheduled procedure.
- Postpone insulin injections until after your procedure is completed.
- Bring a list of your medications if you were unable to talk with the staff before the procedure.

