



specialists in gastroenterology

## Colonoscopy Preparation using MiraLAX and Dulcolax PM/AM Split dose

### **SEVEN DAYS BEFORE THE PROCEDURE**

#### **Medication restriction – Please call the prescribing physician**

1. Diabetics taking insulin: will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. Blood thinners (antithrombotic agents) including: aspirin, Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient: These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. Please ask the physician that prescribes the medication if, and when, you can stop these medications. **If** these medications are unable to be stopped, you need to call our office.

#### **Items to Purchase**

1. Purchase *MiraLAX* 238 gram powder (over the counter).
2. Purchase 32 oz of a clear, non-carbonated beverage. Take any flavored Gatorade or Pedialyte to maintain your electrolytes, you may also use iced tea, Crystal Light, lemonade or any clear fruit juice (apple, grape or cranberry). This is to mix with the *MiraLAX* powder.
3. Purchase four (4) *Dulcolax* laxative tablets (over the counter).
4. Ointment such as Anusol, Balmex or Borofax for anal discomfort (if needed). This does not require a prescription.
5. Fill the prescription for *Ondansetron* (anti-nausea) drug.

#### **Diet Restrictions**

No seeds, nuts, popcorn or peels from fruits and vegetables. Example: no peels from apples, potatoes, or cucumbers etc.

### **TWO DAYS BEFORE THE PROCEDURE**

1. Take two *Dulcolax* tablets before going to bed.

### **ONE DAY BEFORE THE PROCEDURE**

#### **STARTING WHEN YOU WAKE UP, CLEAR LIQUID DIET ONLY FOR THE ENTIRE DAY.**

1. **You cannot have solid food, milk, or orange juice for the entire day.**
1. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited. If you have had dehydration before drink Pedialyte.
2. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
3. Do not take oral diabetic pills.

**- TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS -**

## **Timing for preparation (Day before the colonoscopy con't)**

1. In the morning, mix the entire 238-gram bottle of *MiraLAX* into 32 oz clear liquid you purchased **plus** 32 oz of water to this solution (this will equal 64 oz). Be sure that the *MiraLAX* is completely dissolved and refrigerated
2. At noon, take two *Dulcolax* tablets.
3. At 6:00pm, drink 8 ounces of *MiraLAX* solution every 15 to 20 minutes for 4 doses.
4. **If you become nauseated, stop drinking the *MiraLAX* solution. Take one of the *Ondansetron* tablets. Resume drinking the *MiraLAX* after 30 minutes, or when the nausea passes. If you do not use the *Ondansetron* it can be kept in case you have nausea in the future.**

## **THE MORNING OF PROCEDURE**

**Beginning 4-6 hours prior to **scheduled procedure time**, repeat step 3 as above.**

1. Have nothing by mouth up to four hours prior to the procedure.
2. Take your medication on the morning of the procedure with **sips** of water.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you **must** have a responsible adult drive you home. **Taking a cab or Uber is not an option.**
6. You may not drive or work until the next day.

## **IMPORTANT INFORMATION ABOUT SEDATION**

Intravenous sedatives used for endoscopic procedures include Fentanyl and Propofol. These medications provide amnesia and pain relief. You are breathing on your own.

## **QUESTIONS OR PROBLEMS**

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is [www.Gidoctor.net](http://www.Gidoctor.net)