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MIRALAX PREPARATION Colonoscopy Bowel Preparation Instructions

Date of Procedure: _____ Time: _____ Arrival Time: _____

IT IS VERY IMPORTANT FOR YOU TO FOLLOW THE BOWEL PREPARATION FOR AN EFFECTIVE COLONOSCOPY. ANY STOOL REMAINING IN THE COLON CAN HIDE LESIONS AND RESULT IN THE NEED TO REPEAT THE EXAMINATION.

A RESPONSIBLE PARTY HAS TO ACCOMPANY YOU FOR THE PROCEDURE OTHERWISE THE PROCEDURE CANNOT BE PERFORMED. YOU CANNOT DRIVE FOR THE ENTIRE DAY AFTER RECEIVING ANESTHESIA FOR YOUR COLONOSCOPY.

Please arrive at least 15 minutes before your scheduled procedure time. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

The day of the colonoscopy, wear loose comfortable fitting clothes. Please do not wear jewelry and do not bring valuables.

5 days before your colonoscopy:

- 1) Read the preparation instruction
- 2) Stop herbals, vitamins, and oral iron supplements.
- 3) You will likely need to stop blood thinners, examples: Plavix and Coumadin. Please make sure the prescribing doctor and your gastroenterologist are aware of this.
- 4) EAT LOW RESIDUE DIET (cut down on your fiber foods)
- 5) Arrange for a driver (**friend or family member**)

2 days before your colonoscopy:

- 1) Buy:
- 2) Miralax – 1 bottle - 238 g (over the counter)
- 3) Dulcolax Laxative (Biscodyl 5mg) - 2 tablets (over the counter)
- 4) Gatorade – 2 bottles of 32 ounces (NO RED or PURPLE)

-**STOP** any anti-inflammatory medications, examples: motrin, advil, ibuprofen, aleve.
-Celebrex and Tylenol are ok to use

2-DAY CLEAR LIQUID PREP, IF REQUESTED YES / NO

THE DAY BEFORE THE COLONOSCOPY

NO SOLID FOOD OR ALCOHOL FOR THE ENTIRE DAY
NO BREAKFAST, NO LUNCH, AND NO DINNER.
YOU MAY ONLY HAVE WHAT IS LISTED BELOW

The **ENTIRE DAY** you should have as much **CLEAR LIQUIDS** as possible.

Mix ½ of the 238 gram bottle in each 32 ounces of Gatorade bottle until dissolved and keep in the refrigerator

Clears liquids:

- Water
- Clear fruit juices (apple, white grape, white cranberry)
- Tea or coffee WITHOUT milk
- Ginger ale
- Soda (7up, Sprite, Seltzer)
- Chicken or beef bouillon
- Jell-o (NOT RED)
- Italian ices or popsicles (NOT RED)

At 4 PM Take 2 Dulcolax tablets with a full glass of water

At 6 PM Begin drinking the **first** Gatorade/MiraLax solution- 8 ounces every 15-30 minutes until the Gatorade bottle is finished (should take 1 hour).

Continue to drink clear liquids (at least 8 ounces every hour) until bedtime
If you have rectal discomfort, apply diaper rash ointment.

6 hrs PRIOR to procedure

Begin drinking the **second** Gatorade/MiraLax solution- 8 ounces every 15-30 minutes until the Gatorade bottle is finished (complete in 1 hour).

Make sure you have a driver for the next day.

DAY OF THE EXAM

NO SOLIDS OR LIQUIDS OR ALCOHOL You may take your morning medications with only SIPS of water. Do not take your diabetes pills. If you have asthma, bring your inhaler with you.

What is a colonoscopy?

Colonoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of your large intestine (known as the colon). This is accomplished by using a colonoscope which is a long, thin, flexible tube with a light at the tip. If the doctor sees an abnormality, he can pass an instrument through the colonoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy causes no pain. The colonoscopy may be used as a means of treatment as well. If a colonic polyp (an abnormal growth of colonic tissue) is found, your doctor may be able to remove the polyp through the instrument. **Polyp detection rate by a colonoscopy is not a 100% accurate. There can be up to 7-10% miss rate of important lesions by the colonoscopy. The accuracy of colonoscopy for lesions will partly depend on the cleanliness of your colon. This is why a thorough preparation is extremely important.** The procedure should not be scheduled if you are traveling within 2 weeks after the examination.

You will be sedated (sleeping) in order to minimize any discomfort you might experience during the procedure.

IF YOU TAKE ASPIRIN OR MEDICATIONS THAT HAVE ASPIRIN IN IT, ARTHRITIS MEDICATION, VITAMIN E OR IRON, PLEASE SEE THE PREPARATION INSTRUCTIONS TO KNOW WHEN TO STOP THEM.

IF YOU ARE ON BLOOD THINNER, IT IS EXTREMELY IMPORTANT THAT YOU TELL US.

What to expect after the procedure:

The procedure is usually well tolerated. There may be some discomfort during the colonoscopy, but is usually mild. In rare cases, passage of the colonoscope through the entire colon is not possible.

What to expect after the procedure:

You might be sleepy for an hour or two after the procedure due to the medications given for sedation during the examination. You will expel gas since air is instilled in your colon during the procedure for adequate visualization. If a polyp is removed, further instructions will be given to you. You will be able to resume your diet after the colonoscopy unless you are instructed otherwise. Occasionally it is necessary to admit a patient after the procedure.

What are the complications?

Colonoscopy and polypectomy is safe and is associated with very low risk when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

One possible complication is perforation in which a tear through the wall of the colon may allow leakage of intestinal fluids. This complications usually requires surgery but may be managed with antibiotics and intravenous fluids in selected cases.

Bleeding may occur from the site of biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization (application of electrical current) through the colonoscope. Rarely, blood transfusions or surgery may be required.

Localized irritation of the vein may occur at the site of the intravenous catheter. A tender lump may develop. This lump could remain for several weeks to several months but it goes away eventually. Other risks include drug reactions and complications from unrelated diseases such as heart attack or stroke. It is extremely rare, but death remains a remote possibility.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.