



Colonoscopy Preparation Instructions- MiraLAX®/Gatorade®

****IMPORTANT! Please read all instructions at least one week prior to your procedure and call our office if you have any questions****

Advanced Preparation for your procedure:

Medications

If you use iron supplements or Pepto-Bismol®, please stop taking 7 days prior to your procedure. It is safe to continue taking baby aspirin and other pain medications. If you are taking any blood-thinning medication (see provided list) please call your primary care physician or coumadin clinic for instructions on when to stop these medications before your procedure.

If you are taking any injectable medications for weight loss or diabetes (see provided list), these need to be held 1 week before your procedure.

Arrange a ride home

You must have an escort take you home after the procedure. You cannot drive or take private taxi or public transportation by yourself as you will be sedated with medications for the procedure.

What You Will Need

- MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 which is found in the laxative section of pharmacy or supermarket without a prescription
- Dulcolax® (bisacodyl) laxative 5mg tablets, four (4) tablets needed
- 64 ounces of sports drink with electrolytes like Gatorade® or Powerade®
- Simethicone (Gas-X®) 125mg tablets, six (6) tablets needed (over the counter)

Three Days before your Colonoscopy:

Begin a low-residue diet- avoid foods with nuts, seeds, raw fruits/vegetables, dried fruits, corn, beans, whole grains, quinoa, popcorn, lentils, peas. Ok to eat easy to digest foods like white bread, white rice, canned fruit without skins, pasta, cooked meat, tofu, eggs, tomato sauce, cheese, yogurt.

****Please review list of medications which need to be held prior to the procedure****

The day before your Colonoscopy:

Begin a clear liquid diet the entire day- water, black tea, black coffee, clear juices, broth, sports drinks (no red), chicken/beef/vegetable broth, Jell-O® (no red), and Popsicle® (no red). NO SOLID FOOD. Stay hydrated by drinking a lot of liquids throughout the day.

- **5 PM:** Take two (2) Dulcolax® (bisacodyl) tablets
- **6 PM:** Take two (2) Dulcolax® (bisacodyl) tablets
- **7 PM:** Mix the 238 grams of MiraLAX® in 64 oz of sports drink (no red). Shake until the MiraLAX® is completely dissolved. Drink half (32 oz) of the MiraLAX® mixture over the next 2 hours along with three (3) Simethicone (Gas-X®) 125mg tablets. NOTE: if you feel nauseated or bloating take a break from drinking the bowel preparation and resume once it resolves Continue to hydrate with clear liquids

The day of your Colonoscopy:

- **3 AM:** Drink the other half (32 oz) of the MiraLAX® mixture over the next 2 hours along with three (3) Simethicone (Gas-X®) 125mg tablets. Stool should be coming out clear to yellow liquid without any solid components. If you have any issues with drinking the bowel preparation or believe it is not working, please contact our office or covering physician to discuss further.

4 hours before your scheduled procedure time: Stop drinking all fluids, except sips of water to take medication with.

If you are on oral diabetic medications do not take these the morning of the procedure. If you are on insulin, take half your normal dose. Please confirm this with your physician before scheduled procedure day. Take all other medications prescribed (DO NOT STOP) with a small sip of water at least 4 hours before the procedure. If you use inhalers, please bring them with you.

*****LIST OF MEDICATIONS TO HOLD*****

<u>Category</u>	<u>Medication</u>	<u>Typical timing to hold prior to scheduled procedure</u> <u>**please confirm with primary care provider**</u>
Blood Thinners	Xarelto® (rivaroxaban) Pradaxa® (dabigatran) Eliquis® (apixaban) Coumadin® (Warfarin) Lovenox® (enoxaparin) Arixtra® (fondaparinux) Savaysa® (edoxaban)	2-3 days 2-3 days 2-3 days 5 days 12 hours prior 3 days 1 day
Anti-Platelet agents	Plavix® (clopidogrel) Brillanta® (ticagrelor) Pletal® (cilostazol) Effient® (prasugrel) Aggrenox® (aspirin/dipyramidole)	5 days 5 days 2 days 5 days 3 days
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