

## **Preparing for Your Colonoscopy Procedure With MiraLAX**

A colonoscopy is performed so that your physician can see the inside of your lower digestive tract. This includes your colon and rectum. Colonoscopy can help screen for colon cancer and also help find the source of stomach pain, bleeding and changes in bowel habits. The doctor may remove a small tissue sample (biopsy) for testing. Small growths, such as polyps, may also be removed. A colonoscopy takes about 30 to 60 minutes.

We appreciate the opportunity to take part in your care. In order for us to perform a high-quality exam, it is very important that your colon be adequately clean. We ask that you read all instructions at least one week before your colonoscopy. Failure to follow these instructions could affect the test results and the recommendations for the timing of your repeat procedure. We recommend a split prep as the safest and most effective method of preparing your colon. This allows us to detect more precancerous polyps, potentially preventing cancer.

### **Medications**

- If you are taking Aggrenox, Brilinta, Clopidogrel, Coumadin, Effient, Eliquis, Elmiron, Persantine, Plavix, Pletal, Pradaxa, Savaysa, Ticlid, Warfarin or Xarelto, please call our office to discuss these medicines at least one week before your scheduled procedure.
- Stop iron and fiber supplements one week before your procedure.
- If you have diabetes and take insulin, please contact the provider who prescribes your diabetic medicine. You will need instructions on dosing changes before your procedure.
- You may take Tylenol and all other medicines that are not listed above.

### **Preparation**

#### **Five days before your colonoscopy:**

- Decrease the fiber in your diet. This is important in order to reduce dietary residue and facilitate the clean-out process. High-fiber foods include whole grains, cereals, oats, asparagus, beans, broccoli, carrots, corn, peas, apples, bananas, oranges, pears and strawberries.
- Purchase a 238 gram bottle of MiraLAX (an over-the-counter laxative).
- Purchase 64 ounces of any noncarbonated clear liquid (not red, purple or blue in color).
- Buy four over-the-counter Dulcolax 5 milligram tablets (laxative, not stool softener).
- Buy four over-the-counter gas tablets (Simethicone, Gas-X or Mylanta Gas).

#### **One day before your procedure:**

- DO NOT eat any solid food.
- DO NOT drink milk.
- DO NOT eat or drink anything colored red, blue or purple.
- DO NOT drink alcoholic beverages.

- Start a clear liquid diet as soon as you wake up.
  - A clear liquid diet includes: water, tea, coffee (no milk/cream), Kool-Aid, carbonated drinks (Coke, Pepsi, any diet soda), Jell-O, fruit ice, popsicles, clear broth, bouillon, juice (apple, white cranberry and white grape), Crystal Light, Propel, Gatorade, hard candy and sugar (for coffee).
- You may have Ensure or Boost, but only until 3 p.m.
- Take all routine medicine, unless you have been told otherwise.

**At 5 p.m.**

- Take four Dulcolax tablets.

**At 6 p.m. START PREP**

- Mix the 230 gram bottle of MiraLAX into 64 ounces of a clear noncarbonated beverage. Shake the solution until the powder is dissolved
- Drink an 8 ounce glass every 30 minutes until half the solution (32 ounces) is gone.
- You will pass many stools, and there is a chance you may have some stomach cramping and bloating. You may use petroleum jelly for rectal soreness.
- If you throw up, stop drinking for 30 minutes, then resume taking the prep solution every 15 minutes.
- After you are done drinking the MiraLAX, you will continue with the clear liquid diet only.
- Although it is best to split your doses of MiraLAX, if you are scheduled for an early morning procedure (before 9 a.m.) or you have a long travel time, you may consume all of your solution the night prior to your procedure.

**At 9 p.m.**

- Take two gas tablets with 8 ounces of clear liquid. DO NOT TAKE GAS TABLETS WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

**At 10 p.m.**

- Take two gas tablets with 8 ounces of clear liquid. DO NOT TAKE GAS TABLETS WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

**The day of your procedure:**

**Six hours before your appointment time:**

- Drink the remaining MiraLAX solution. Drink 8 ounces every 15 minutes until the solution is gone.

**Three hours before your appointment:**

- You may continue on a clear liquid diet until three hours prior to your colonoscopy. You may then have nothing to drink after this time, including water.

**You will need to bring someone who can stay during the colonoscopy and drive you home.**

- Bring a driver with a valid driver's license.
  - We will not do your procedure if you do not have a ride home.
  - You cannot take a taxi home.

**Spectrum Health endoscopy facilities require a urine pregnancy test on all women of childbearing age before any endoscopy procedure.**

- Be prepared to give a urine sample when you arrive.

**After your procedure:**

- DO NOT stay home alone, use heavy machinery, drive or make legal decisions for the rest of the day.
- It will not be safe for you to return to work on the day of your colonoscopy.
- You may resume your normal activities the following day.

**Possible Risks**

As with all medical procedures, there are possible risks involved with endoscopic procedures. These risks include:

- You may have a reaction to the medication given for sedation. You will be given a narcotic pain medication and a sedative that likely will cause you to forget what happens during the procedure.
- Very rarely, bleeding may occur from the site of a polyp removal.
- Bowel perforation could occur and require a surgical repair. This is very rare.
- There may be a missed polyp or other abnormality.
- You may have inflammation at the IV site.