

## Miralax Split Prep for Colonoscopy

A clean and empty colon is the most important part of a successful colonoscopy. If your colon is not empty, polyps and lesions can be missed, the procedure may take longer (increasing the risk of complications) or the whole process may need to be repeated or rescheduled. Follow the steps below for a successful colonoscopy.

### ONE WEEK BEFORE COLONOSCOPY

Purchase your prep materials:

- Four 32 oz. bottles of Gatorade (clear, yellow or green) or another clear liquid of your choice. You can use different flavors for the first half and second half of the preparation. A clear liquid is one you can see through. Clear liquids that can be used for this purpose include water, diluted fruit juices (apple, white grape, lemonade), iced tea, etc. If you are diabetic, consider Crystal Lite or a similar non-sugar containing clear drink. If a juice is chosen, dilute it as large volumes of undiluted juice will be too filling to finish the entire prep easily.
- Two 238g bottles of Miralax powder
- 4 Dulcolax (Bisacodyl) 5mg tablets

Arrange for time off from work, if applicable. You will be able to work the day before until about 3pm but will not be able to work the day of the procedure.

Arrange to have a ride home from the procedure. You are required to be taken home by someone who is at least 18yo. If you take a taxi or any transportation service, you **MUST** be accompanied by an adult who will take responsibility for your safe trip home as you will be sedated and considered under the influence. **If you do not have a ride and someone to accompany you, the procedure will be cancelled.**

Watch your diet. Avoid eating nuts, seeds, corn, popcorn and uncooked skins of fruits and vegetables.

Stop taking the following unless otherwise instructed:

- Aspirin or aspirin containing products
- Non-steroidal anti-inflammatory agents (NSAIDs such as Motrin, Relafen, Indocin, Naprosyn, etc.)
- Herbal products including fish oils
- Iron supplementation including multi-vitamins with iron

If you are on blood thinners or platelet agents like Coumadin, heparin, Lovenox, Plavix, Brilinta, please make sure our office is aware so we can instruct you how and whether to hold these medications.

Complete any lab work or EKG, if ordered for the procedure. For your safety, if this was ordered to be completed before the procedure, the procedure may not be done.

**THERE WILL BE A \$100 CHARGE, NOT PAYABLE BY INSURANCE, FOR CANCELLING WITHIN 48 HRS OF YOUR SCHEDULED DATE WITHOUT CAUSE OR FOR NOT SHOWING UP FOR THE PROCEDURE.**

**ONE DAY BEFORE COLONOSCOPY**

Start a clear liquid diet as soon as you wake up. Make sure to stay well hydrated by drinking plenty of fluids.

Take all of your routine medications unless instructed otherwise.

Mix the preparation in the morning and place in refrigerator so it is ready to drink in the afternoon.

- Each 238g bottle of Miralax is to be put in 64oz of liquid (Gatorade or other clear liquid). If you purchased 32oz bottles of Gatorade, pour two bottles into a large pitcher then add one 238g bottle of Miralax powder. Mix well until the powder is completely dissolved. You will be drinking a total of 128oz of liquid, which is a gallon, or approximately 4 liters.

At 3:00pm take 4 Dulcolax (bisacodyl) tablets with 8oz. water

At 4:00pm begin to drink Miralax solution. Take 8oz. every 20-30 min until 64oz are gone over 2-3 hours. Once finished, use the same pitcher to mix the remaining 64 oz. of liquid with the second bottle of Miralax powder. Keep it in the fridge.

At 9:00pm, drink 8oz. Miralax solution every 20-30 min until remaining prep is finished, before midnight.

**If you become nauseated or vomit, more time is needed for the preparation to leave your stomach, so wait until the nausea resolves, and then continue drinking at a slower pace until the preparation is completed**

If you have diabetes, take ½ of your usual evening insulin dose or ½ of your usual nightly oral diabetes medication.

If you have any questions, or problems with the preparation, please call the office.

After midnight, eat or drink nothing. If you have anything other than a sip of water with your pills, within 4 hours of your procedure, you may be cancelled.

**THE DAY OF THE COLONOSCOPY**

No other food or liquids are allowed other than a small amount of water to take your morning medications. These should be taken at 6am.

If you have diabetes, DO NOT take your morning insulin or oral diabetes medication.

Arrive at the office 30-45 min before your appointment time.

You will meet with the doctor and anesthesia provider prior to the procedure.

The day after the procedure you may drive, return to work or to your usual activities. Do not drive or make important or legal decisions the day of the procedure.

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**For questions, call (215) 742 9900**

Michelle ext. 223

Melissa ext. 241

Judy ext. 270

### **Clear liquid diet**

Liquids you can see through at room temperature are considered clear liquids. Preparation for colonoscopy requires a clear liquid diet for the entire day before the procedure to help keep you hydrated, provide calories and avoid residual stool in the colon so your procedure will be successful.

#### **Allowed foods and beverages:**

Clear fruit juices: apple juice, white grape juice, lemonade (no pulp)

Soups: broth, bouillon

Beverages: black coffee, tea (hot or cold), clear soda, Gatorade (light colors only), water

Sweets/desserts: fruit ices without chunks of fruit, Jell-O (no red or purple dye), clear hard candy, and popsicles made from clear juices

#### **Foods to avoid:**

All solid foods, dairy or foods containing milk, chocolates, cream soups

Liquids with red or purple coloring as they may be confused with blood in the colon