



Colonoscopy Miralax Split-dose Prep Guide

You have been scheduled for a Colonoscopy Miralax Split-dose Prep.

Plan ahead to help reduce your stress. Use these step-by-step instructions for a successful prep so that your doctor can clearly view your colon.

If you have any questions, please contact the Gastroenterology office at the Guthrie Clinic at (570) 887-2852.

Thank you for choosing Guthrie!

Colonoscopy Miralax Split-dose Prep Guide

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****Please note there are different instructions for scheduled appointments in the morning and scheduled appointments in the afternoon.***

Health Considerations

(review today)

Medications and diagnoses

Please call the Gastroenterology office at the Guthrie Clinic at (570) 887-2852, select option 1 **immediately** if **any** of the following apply to you:

- You use oxygen at home.
- You use CPAP or BIPAP or have been diagnosed with sleep apnea.
- You weigh over 300 lbs. or have a BMI (body mass index) over 45.
- If you are pregnant or think you may be pregnant.
- **If you take pain medications, anti-anxiety medications, psychiatric medications, use medical marijuana, or recreational drugs.**
- **If you need to cancel or reschedule your appointment.**

Patients on blood thinners

If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, most patients need to stop taking these 5 days prior to procedure.

- Please speak with your physician who orders this medication before stopping.

If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. ***The timing of this is very important!***

- If you are followed by the Coumadin Clinic, please contact the Sayre Coumadin Clinic at 570-887-2200 for instructions before stopping, to see if they prefer that you use an alternative anticoagulant.
- If you are NOT followed by the Coumadin Clinic, please contact your physician who orders this for instructions.

Diabetic patients

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular Insulin® or NPH, do not take it on the day of your procedure.
- If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin: It is recommended you take a ½ dose the evening prior to your procedure and no dose the day of your procedure.
- We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.

Get prepared

(1-2 weeks before the procedure)

Supplies to purchase

You will need to purchase 1 bottle of Miralax 238 gm, 4 Dulcolax (Bisacodyl) 5mg tablets, and 64 ounces of Gatorade (the flavor of your choice but no red or purple please) or Apple juice at your local pharmacy prior to your procedure. You will also need to purchase generic simethicone (Gas-X) tablets-You will need 2 tablets for this prep.

Do not drink any liquids that are red or purple.

Clear Liquid Suggestions:

- Gatorade, Pedialyte, or Powerade
- Coffee or tea without creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice, or white grape juice
- Jell-O, popsicles
- Chicken, beef, or vegetable broth

Sedation requires that patients make transportation arrangements

Please be aware that you will be receiving sedation for your procedure. It will limit what you can do after your procedure until the following day.

ALL ENDOSCOPY PATIENTS MUST HAVE A DESIGNATED DRIVER

Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.

It is required that all endoscopy patients have a designated driver (18 years or older) available to drive the patient home after their procedure. You may not take public transportation unless accompanied by someone 18 years of age or older.

Get started

(5 days before the procedure)

5 days before your procedure, stop taking:

- **Iron/multivitamins:** Stop iron (such as ferrous sulfate) or vitamins containing iron.
- **Fiber supplements:** Stop fiber supplements such as Metamucil, Citrucel.
- **Blood Thinners:**
 - **If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or anti-platelet drug,** most patients need to stop taking these 5 days prior to procedure. **Please speak with your physician who orders this medication before stopping. See page 2.**
 - **If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. See page 2.**
- **Please refrain from eating raw/uncooked fruits and vegetables, nuts, small seeds and popcorn 5 days before your procedure.**

Please note that Aspirin or NSAID'S such as Advil, Ibuprofen, Aleve do NOT need to be stopped prior to your procedure.

Procedure day reminders

(review 5 days prior, and day of)

Medication on the day of your procedure

- **Do NOT take blood thinners, see page 2.**
- **Diabetics, see page 2.**
- You may take other medications (including pain medications, anti-anxiety medications, and blood pressure medications) with a **small sip of water**. Take inhaler as prescribed if needed in the morning.

What to bring

- A list of your current medications, your insurance card, and **Photo ID**
- Hearing aids, inhaler, and/or ileostomy or colostomy supplies (as applicable)
- Wear comfortable, loose fitting clothing
- Please leave all valuables at home. Cell phones and tablets are not allowed after you enter the patient care area and must be turned off until after discharge. This is for the privacy of all our patients.

Transportation & Discharge

- You must have a driver 18 years of age or older with a valid driver's license for this procedure.
- You may not take public transportation unless accompanied by someone 18 years of age or older.
- If someone is picking you up, we must be able to contact them by **phone before** your procedure.
- We will **not** continue with your procedure until we confirm with your driver by talking to them.
- You should plan on being at our facility for a minimum of **2-3 hours** for your appointment. Please plan accordingly, as **delays may occur**.

Colonoscopy Miralax Split-Dose Prep Guide for Morning Procedures

Follow these instructions if you are scheduled to arrive BEFORE 11:00 AM

The day before your procedure:

- **Before 8:00 AM:** You may have a light breakfast, such as toast and coffee.
- **After 8:00 AM: You may only have clear liquids.**
- At 3 PM: Take 4 Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help lessen stomach cramping.
- Mix the entire bottle of Miralax powder 238 GM with 64 ounces of Gatorade or another sports drink or Apple juice until dissolved then refrigerate.
- **Starting at 5:00 PM:** Begin drinking the Miralax/Gatorade mixture at a rate of one 8-ounce cup every 15 to 30 minutes, until you drink a total of 6 cups.
- **Keep the remaining mixture in the refrigerator to be completed tomorrow morning at 4 AM prior to your procedure.**
- **After you finish drinking the Miralax mixture take 1 simethicone tablets.**
- **You may continue to drink clear liquids until midnight.**
- Bloating and nausea are common after the first few glasses of Miralax, this is temporary and will improve once bowel movements start. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
- Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydro-cortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure:

- **Review procedure day reminders, page 4**
- **At 4:00 AM: Begin drinking the remaining Miralax mixture. You must finish drinking the mixture by 5:00 am.**
- **After you finish drinking the mixture take 1 simethicone tablet.**
- **Please Do NOT take blood thinners the day of your procedure. See page 2.**
- **You may take your medications with a small sip of water.**
- **You may brush your teeth.**

Colonoscopy Split-dose Prep Guide for Afternoon Procedures

Follow these instructions if you are scheduled to arrive AFTER 11:00 AM

The day before your procedure:

- **Before 8:00 AM:** You may have a light breakfast, such as toast and coffee.
- **After 8:00 AM: You may only have clear liquids.**
- Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help lessen stomach cramping.
- **At 3:00 PM:** Take 4 Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- Mix the entire bottle of Miralax powder 238 GM with 64 ounces of Gatorade or another sports drink or Apple juice until dissolved then refrigerate.
- **Starting at 5:00 PM:** Begin drinking the Miralax/Gatorade mixture at a rate of one 8-ounce cup every 15 to 30 minutes, until you drink a total of 6 cups.
- **Keep the remaining mixture in the refrigerator to be completed tomorrow morning starting at 6 AM.**
- **After you finish drinking the Miralax take 1 simethicone tablets.**
- **You may continue to drink clear liquids until midnight.**
- Bloating and nausea are common after the first glasses of Miralax; this is temporary and will improve once bowel movements start. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
- Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure:

- **Review procedure day reminders, page 4**
- **At 6:00 AM:** Begin drinking the **remaining Miralax** mixture. **You must finish drinking the prep by 10:00 AM.**
- **After you finish drinking the Miralax take 1 simethicone tablet.**
- **Please Do NOT take blood thinners the day of your procedure. See page 2.**
- **You may take your medications with a small sip of water.**
- **You may brush your teeth.**