

Gastroenterology

Prep Instructions

Colonoscopy Miralax Split-Dose

Please read these instructions immediately

Call the office located on 3 Green in the Guthrie Clinic at (570) 887-2852 **immediately** if any of the following apply:

- You use CPAP, BIPAP, oxygen, or have been diagnosed with sleep apnea.
- You weigh over 300 lbs, OR, have a BMI (body mass index) over 40.
- If you are pregnant, or think you may be pregnant.
- If you take pain medications, anti-anxiety medications, psychiatric medications, medical marijuana, or recreational drugs.

Supplies: You will need to purchase from your pharmacy- **1 bottle Miralax 238 GM, 4 Dulcolax (Bisacodyl) 5mg tablets, and 64 ounces of Gatorade (the flavor of your choice).** Your bowel must be empty so that your doctor can clearly view your colon.

Follow all of the instructions in this handout EXACTLY as they are written.

- 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 or older.
- If someone is picking you up, we must be able to contact them by **phone** to confirm **before** your procedure. We will not continue with your procedure until we talk to them.
- Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable, loose fitting clothing.
- The use of cell phones and tablets is allowed in the waiting area. However, cell phones and tablets are not allowed after you are brought into the patient care area for your procedure, and must be turned off until after discharge.

Diabetic Instructions

If you have diabetes –

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.**

You will need a blend of products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period (see clear liquids list).



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

**Colonoscopy Miralax Split-Dose Prep Guide
Morning Procedures:**

Please follow these instructions if you are scheduled to arrive BEFORE 11 a.m.

5 DAYS before your procedure:

- **Iron/multivitamins:** Stop iron (ferrous sulfate) or vitamins containing iron.
- **Fiber supplements:** Stop fiber supplements such as Metamucil, Citrucel.
- **Coumadin (Warfarin):** If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. ***Timing of this is very important.***
 1. If you are followed by the Coumadin Clinic, please contact the Sayre Coumadin Clinic at 1-570-887-2200 for instructions before stopping, to see if they prefer that you use an alternative anticoagulant.
 2. If you are NOT followed by the Coumadin Clinic, then please contact your prescribing physician for instructions.
- **Blood Thinners- Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or anti-platelet drugs:** Most patients need to stop taking 5 days prior to procedure. Please speak with your prescribing physician before stopping this medication.
- **Aspirin or NSAID'S:** Do **NOT** need to be stopped prior to procedure.
- Try not to eat raw fruits and raw vegetables. Stop eating nuts, small seeds and popcorn.

1 day before your procedure:

- **Before 8 a.m.:** You may have a light breakfast, such as toast and coffee. CLEAR LIQUIDS ONLY AFTER 8 AM.
- Please see page 1 for diabetic instruction.
- **At 3 p.m.:** Take 4 Dulcolax tablets with 8 oz 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 other sports drink until dissolved then refrigerate.
- **At 5 p.m.:** Begin drinking the Miralax/Gatorade mixture at a rate of 1-8 ounce cup every 15-30 minutes, until you drink a total of 6 cups.
- **Keep the remaining mixture in the refrigerator to be completed tomorrow morning at 4 a.m.**
- You will have bowel movements 1-2 hours after drinking the Miralax. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- You may continue drinking clear liquids up until midnight. See clear liquid diet.
- If you feel your prep isn't working, please contact the office the morning of your appointment.
- Bloating and nausea are common after the first glasses of Miralax; this is temporary and improves 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.
- After finishing Miralax, you may only have clear liquids until midnight. Do NOT eat any solid or soft foods!
- 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. Do not use suppositories.

On the day of your procedure:

- **At 4 a.m.-**Begin drinking the remaining Miralax/Gatorade mixture. You must finish drinking 2 hours before your appointment time.
- For example: If your appointment is at 7:15 a.m., you must finish the remaining Colyte mixture by 5:15 a.m.
- Do not use breath mints or hard candy on the day of your appointment. You may brush your teeth.
- Do NOT eat any soft or solid food before your appointment time!
- **If your appointment is scheduled BEFORE noon:** You may only drink your prep. If you eat or drink 2 hours before your appointment time, your procedure will be canceled. This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during a procedure.
- **Blood Pressure Medications (Beta-Blockers) and Pain Medications:** DO NOT take the morning of the procedure, but you may bring them with you to take after discharge if needed.
- **Inhalers:** Take as prescribed if needed in the morning. You may bring your inhaler with you to your appointment if you feel you may need it after discharge.
- Please bring with you: a list of your current medications, your insurance card, and your Photo ID.
- Leave all valuables at home.
- If you have an ileostomy or colostomy: bring an extra appliance/colostomy supplies with you.
- 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.

After your procedure:

- You CAN NOT return to work or drive the same day of your procedure.
- Your examination results will be reviewed with you on discharge and information will be sent home with you. It is recommended to have someone present for discharge instructions.
- **Blood Thinners:** You will need special instructions to re-start these medications.
- You may have your normal diet.
- The day following your procedure you may resume normal activity (for example: you may return to work, and driving).

<p>Contact Numbers:</p> <ul style="list-style-type: none"> • Sayre 4 Red Endoscopy: 570-887-3450 • Big Flats: 607-795-5100 • Corning: 607-607-973-8000 • Ithaca: 607-257-5858 • Troy: 570-297-2121 	<p>Allowed clear liquids:</p> <ul style="list-style-type: none"> • Gatorade, Pedialyte, or Powerade • Coffee or tea (No milk or non-dairy 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 	<p>Non-clear liquids – Not allowed</p> <ul style="list-style-type: none"> • Red or purple items of any kind • Alcohol • Milk or non-dairy creamers • Juice with pulp • Hard candy or gum • Any liquid you cannot see through
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Colonoscopy Miralax Split-Dose Prep Guide

Afternoon Procedures:

Please follow these instructions if you are scheduled to arrive **AFTER 11 a.m.**

5 DAYS before your procedure:

- **Iron/multivitamins:** Stop iron (ferrous sulfate) or vitamins containing iron.
- **Fiber supplements:** Stop fiber supplements such as Metamucil, Citrucel.
- **Coumadin (Warfarin):** If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. ***Timing of this is very important.***
 1. If you are followed by the Coumadin Clinic, please contact the Sayre Coumadin Clinic at 1-570-887-2200 for instructions before stopping, to see if they prefer that you use an alternative anticoagulant.
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- **Blood Thinners- Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or anti-platelet drugs:** Most patients need to stop taking 5 days prior to procedure. Please speak with your prescribing physician before stopping this medication.
- **Aspirin or NSAID'S:** Do **NOT** need to be stopped prior to procedure.
- Try not to eat raw fruits and raw vegetables. Stop eating nuts, small seeds and popcorn.

1 day before your procedure:

- **Before 8 a.m.:** You may have a light breakfast, such as toast and coffee. **CLEAR LIQUIDS ONLY AFTER 8 A.M.**
- Please see page 1 for diabetic instruction.
- **At 3 p.m.:** Take 4 Dulcolax tablets with 8 oz 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 other sports drink until dissolved then refrigerate.
- **At 5 p.m.:** Begin drinking the Miralax/Gatorade mixture at a rate of 1-8 ounce cup every 15-30 minutes, until you drink a total of 6 cups.
- **Keep the remaining mixture in the refrigerator to be completed tomorrow morning at 6 a.m.**
- You will have bowel movements 1-2 hours after drinking the Miralax. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- You may continue drinking clear liquids up until midnight. See clear liquid diet.
- If you feel your prep isn't working, please contact the office the morning of your appointment.
- Bloating and nausea are common after the first glasses of Miralax; this is temporary and improves once bowel movements start.
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On the day of your procedure:

- **At 6 a.m.-**Begin drinking the remaining Miralax/Gatorade mixture. **You must finish drinking the prep by 10 a.m.**
- Do not use breath mints or hard candy on the day of your appointment. You may brush your teeth.
- Do NOT eat any soft or solid food before your appointment time!
- **If your appointment is scheduled AFTER noon: You may have clear liquids until 10 a.m.** If you drink or eat anything after 10:00 AM, your procedure will be canceled. This is for your safety and will reduce the risk of having liquid in your stomach move into your lungs (aspiration) during a procedure.
- **Blood Pressure Medications (Beta-Blockers) and Pain Medications:** DO NOT take the morning of the procedure, but you may bring them with you to take after discharge if needed.
- **Inhalers:** Take as prescribed if needed in the morning. You may bring your inhaler with you to your appointment if you feel you may need it after discharge.
- Please bring with you: a list of your current medications, your insurance card, and your Photo ID.
- Leave all valuables at home.
- If you have an ileostomy or colostomy: bring an extra appliance/colostomy supplies with you.
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After your procedure:

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- Your examination results will be reviewed with you on discharge and information will be sent home with you. It is recommended to have someone present for discharge instructions.
- **Blood Thinners:** You will need special instructions to re-start these medications.
- You may have your normal diet.
- The day following your procedure you may resume normal activity (for example: you may return to work, and driving).

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Thank you for choosing Guthrie!