

# Colonoscopy Bowel Preparation Instructions

## Miralax/ClearLax/Polyethylene Glycol 3350 (PEG 3350)

Name: \_\_\_\_\_  
Day/Date: \_\_\_\_\_  
Arrival Time: \_\_\_\_\_  
Procedure Time: \_\_\_\_\_  
Location: \_\_\_\_\_



**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure may need to be rescheduled.

**DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:

- Stop medications that are for diarrhea (Imodium®, Kaopectate®) or that contain iron 7 days prior to your procedure.
- You will need to temporarily discontinue blood thinners prior to your procedure. The length of time to stop your medication depends on the drug you are taking. Please consult your prescribing doctor.
- If you are diabetic, your medications may need to be adjusted. Please consult your prescribing doctor.
- Take your usual morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.

**ARRANGE** for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive. You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety. You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.

**3 DAYS PRIOR** to your procedure, eat a **LOW RESIDUE DIET**.

A low residue diet limits high fiber foods.

### HIGH FIBER FOODS TO AVOID INCLUDE:

Whole grain breads, oatmeal/cereals, granola

- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

### FOODS YOU MAY EAT INCLUDE:

- Cream of wheat/grits, white rice, and refined pastas, noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese

**1 DAY PRIOR** to your procedure, eat only a **CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

### CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

**1 DAY PRIOR** to your procedure, you should also **TAKE THE COLON PREP MEDICATION**. Please follow the instructions on your prescription.

### YOUR PREPARATION – Miralax/Gatorade

- **Purchase the following over the counter:**
- Four bisacodyl (Dulcolax) 5mg tablets
- One, 8 oz. bottle of PEG 3350 (Miralax or Clearlax)
- 64 oz. of Gatorade (no red flavors)
- Desitin® or Vaseline® can be used to protect the anal area especially if you have hemorrhoids

### PREPARING YOUR BOWEL PREPARATION

- **2 nights before your colonoscopy**
- Mix the bottle of PEG 3350 (Miralax or Clearlax) in 64 oz. of Gatorade. Shake until the ClearLAX is dissolved and refrigerate.

### TAKING YOUR BOWEL PREPARATION

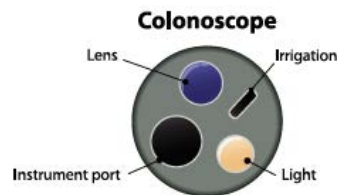
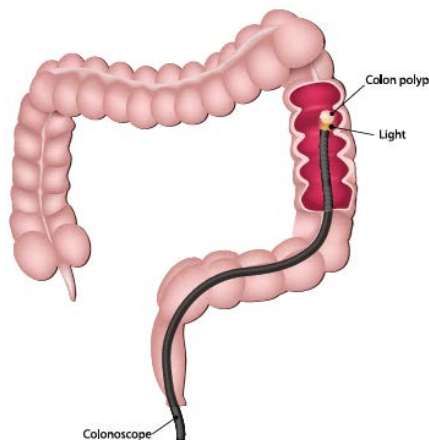
- **The day before your colonoscopy:**
- At **12 PM (noon)**, take 4 bisacodyl (Dulcolax) 5mg tabs
- Then at **2 PM**, Drink 8 oz. of Gatorade- PEG 3350 (Miralax or Clearlax) solution every 10-15 minutes until half the solution is gone. Refrigerate the remaining half of the prep solution.
- Drink an additional 16 oz. of any clear liquid (without PEG 3350 (Miralax or Clearlax) over the next 1-2 hours.
- Then at **8 PM**, Drink the remaining half of the prep as above until the container is empty. Then drink an additional 16 oz. of clear liquids.
- **OPTIONAL:** Take 1 extra strength simethicone 125mg (Gas-X) pill before and after finishing the second half of your Miralax to improve your bowel preparation.

**STAY HYDRATED** with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.

**4 HOURS BEFORE** your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS**. This means that you should not have anything to eat or drink 4 hours before your colonoscopy and onward.

## WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT?

- A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope (“scope”) — a long flexible tube with a light and camera at the end — to examine the inside lining of the colon. It allows the doctor performing the test to find and remove precancerous polyps and early colon cancers.
- The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.
- Colonoscopy is performed in a hospital or medical clinic. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.
- Your doctor will take pictures and remove polyps along the way. He/she will then send the polyps to a lab for further testing. If a polyp cannot be removed, a sample may be taken. This is called a biopsy.
- The colonoscopy usually takes 15 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection, and perforation; however, complications occur in only 1 out of 1,000 colonoscopies.



## CANCELLATION POLICY

- In order to provide the best care and service to our patients, we ask that you notify us 3 days in advance to cancel or reschedule your appointment.
- Please be advised that failure to do so could result in a missed appointment fee of \$150.
- After 3 missed appointments (failure to show or call), you may be discharged from care as a direct result of being non-compliant to treatment.
- If you need to reschedule, cancel, or have any questions about your procedure please contact our office at 702-625-8989.