Coastal Gastroenterology

COLONOSCOPY PREPARATION
Instructions for Patients

"Miralax Colon Preparation"

Procedure Date: _____

The physician will be looking at all five feet of your colon. If your colon is not clean the procedure could take longer or worse yet may need to be rescheduled and start the whole process over again. So it is important to follow these instructions for a good cleaning. The preparation is often the most difficult part of the procedure, but your health is worth it. A thoroughly cleansed colon is essential for a colonoscopy so that your doctor has the best chance of finding polyps. Please read the information and instructions below to improve the safety and effectiveness of your preparation and procedure.

If you take blood thinners such as aspirin, Plavix, Xarelto, Coumadin or any other anticoagulant drugs as well as fish oil, let us know immediately as these may need to be stopped prior to procedure.

What You Will Need:

- 238 gram bottle of Miralax (OTC) or Polyethylene Glycol 3350 Generic
- 4 Dulcolax (Biscodyl) tablets (in attached envelope)
- 64 oz Gatorade (NO red, orange, or purple) (BLUE or WHITE is Best)

Five Days Prior To Procedure: _____

- **Avoid** seeds, nuts, popcorn, corn, lentils, raw vegetables and salads.
- **Stop** any fiber such as Metamucil.

Two Days Prior To Procedure: _____

- **After noon time meal consume no fruit, vegetables, seeds or nuts**
- Two Dulcolax tablets at bedtime with 8 oz glass of water.

One Day Before Procedure: _____

- **Breakfast : Eggs, toast, pancake, waffle or see attached menu.**
- ***Clear liquids only after 9 AM.***
  Clear Liquids: sports drinks, clear broth, apple juice, lemonade (no pulp), coffee or tea, jello, ices, sherbert, soda, hard candy. **NOTHING** purple, red or orange. **NO** solid food.
  Preferred liquids: liquids with sugar & electrolytes such as Gatorade, Powerade or broth. Drink at least 64 ounces of fluid prior to 6pm. You may have 4 oz or ½ cup of ice cream or frozen yogurt (without fruit or nuts) for lunch and supper.
- **3:00 PM** – Day prior to the procedure, take 2 Dulcolax tablets with a glass of water.
  If the first dose of Dulcolax was followed by intense crampy pain, skip this step.
- Thoroughly mix all the Miralax with the 64oz Gatorade and then refrigerate.
- **6:00 PM** on the day prior to the procedure, drink 8 ounces every 30 minutes of the Miralax/Gatorade mixture until 32 ounces (half of the mixture) are gone.
- Continue clear fluids as indicated above.
- Drink plenty of broth or bouillon and clear sweet juices during the night. Avoid diet drinks and do not limit yourself to plain water as this may cause low serum sodium levels.
- **Starting 6 hours** before the time of colonoscopy, drink 8 ounces every 30 minutes of the Miralax/Gatorade mixture until ALL has been consumed. ***Must be complete 4 hours before your colonoscopy***.
- Nothing further to eat or drink. Necessary medications may be taken with small sips of water.

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Safety:

The greatest risk from a colon prep is dehydration. Adequate fluid intake is critical. Therefore, **in addition** to the fluids required with the prep, drink at least 4 liters (128 ounces or 1 gallon) of fluids from noon to bedtime on the day before the colonoscopy. Sugar-electrolyte solutions such as Gatorade and chicken, beef or vegetable broth or bouillon cubes are preferable. When you go home after the colonoscopy, drink at least another 2 liters of fluids. Do not exercise the day before or the day of your colonoscopy.

Medications:

You may take your blood pressure or heart medications in the morning on the day of the procedure. It is preferred that you take your other medications after the procedure especially if you are having an upper endoscopy performed at the same time as your colonoscopy.

Let us know if you are on blood thinners such as Coumadin or Plavix.

If you are on Insulin, let us know as you may need special instructions. Usually one half (1/2) of your usual dose on the evening before your procedure.

The Procedure:

Typically, the procedure takes from 15 to 30 minutes. You will be made comfortable, so as not to feel anything during the procedure. You will be able to leave 30 minutes after the procedure, and you will be able to eat and resume normal activities within an hour. **NO DRIVING**. Please arrange to have someone pick you up. Approximate time from arrival to discharge is two (2) hours.

- DO NOT BRING VALUABLES.
- It is a good idea to bring an extra pair of underwear.
- Menstrual periods, viral syndromes, or urinary infections do not interfere with the colonoscopy.
- You ***must*** have a ride home.

You will receive a phone call from the physician regarding biopsy results if any. If you have not heard from us within 7 days, feel free to call our office to follow-up.

Colonoscopy/Endoscopy instructions: Review 1 week in advance
(Problems, Questions or Cancellation/Reschedule? Please call **843.342.2299**)

Coastal Gastroenterology

843-342-2299

Low Residue Menu for Colonoscopy

Choose **one** from each group

Entrée

- 3 oz skinless chicken, turkey or seafood
- 1 large or 2 medium eggs
- 1 can chicken noodle soup without vegetables

Bread

- 2 slices of white bread
- 1 cup of cooked white rice
- 1 cup of cooked pasta

Condiments

- 2 tsp margarine
- 1 tsp mustard or mayonnaise

Dessert

- 4 vanilla wafers
- ½ cup sherbert
- ¼ cup pretzels (approximate amount if crumbled)