



## Colonoscopy with Miralax

Procedure Date \_\_\_\_\_ Time \_\_\_\_\_ Arrival Time \_\_\_\_\_

### Preparation

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation.

### Purchase at the Pharmacy

- Miralax, 255g bottle (prescription from your doctor)
- Dulcolax, 4 tablets (over the counter)
- Plain or aloe Baby wipes (prevents a sore bottom)
- Desitin or A&D ointment (prevents a sore bottom)

### One Week Prior to the Procedure

- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: Coumadin, aspirin, Percodan, Alka-Selzer.
- **TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.**

### One Day before the procedure:

- Have a **clear** liquid diet throughout the day. Avoid dairy products and juices with pulp such as orange or grapefruit juice. Examples of clear liquids include fat free and low sodium broth, clear juices (white grape or apple), lemon or lime jello, sport drinks like Gatorade or Powerade, sodas like Sprite, 7-Up, or ginger ale, lemonade, popsicles (no sherbets or fruit bars) and of course water. **It is important that you drink as much**

**fluid as you can throughout the day.**

**Hold your evening dose of insulin as you will not be eating until after your procedure**

- At **10:00am**, take 4 Duocolax tablets with a glass of water
- At **12:00**, mix all of the 255g bottle of Miralax with the 64oz of water in a pitcher. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone (drinking with a straw helps). It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move downstream, and then to resume drinking at a slower rate. It usually takes two hours to complete half of the entire container, and diarrhea generally continues for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

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### Day of Procedure:

- **DO NOT EAT OR DRINK ANYTHING THAT DAY!**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few **SMALL** sips of water. You **may** brush your teeth.
- Arrive at the Endoscopy Center **ONE HOUR BEFORE** your procedure is scheduled.
- You may want to leave your valuables at home (jewelry, watches, etc) and limit make-up & fancy hair-do's.

Please arrive at \_\_\_\_\_ AM / PM

- You **must** be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled.
- Special Instructions:
- Hold morning dose of insulin the day of the procedure.
- If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
- **Bring a list of the medications (including the dosages) and any allergies to medications**

Other \_\_\_\_\_

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### Commonly asked Questions:

#### ***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a tap water or fleet enema prior to leaving home for the procedure.

#### ***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

#### ***Will the prep interfere with my other medications?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

#### **Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!**

It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

**Good Luck! This is the hardest part of the procedure.**

**REMEMBER: Please call us if you have any questions at 388-8686**