

# About Your Colonoscopy With Miralax Prep

---

## What you need to know and do

A colonoscopy is an exam of the colon (large intestine or bowel) using a slim, flexible, lighted tube with a camera at the tip.

### What should I eat or drink?

Three days before your procedure, you should start eating a low residue diet. (For example, if your colonoscopy is scheduled on a Friday, you would eat the low residue diet on Tuesday and Wednesday).

- Low residue foods are easy to digest and make only a small amount of waste in your bowel. We will give you a copy of a 2-page handout which explains which kinds of foods are low residue.

The day before your exam:

- Complete the colonoscopy prep instructions described on this page and the next page.
- You may have only clear liquids the entire day.
- Things you can have for your liquid diet are:
  - apple juice, soft drinks (Coke, Pepsi, 7 Up)
  - Gatorade, Kool-Aid, Kool-Aid-type popsicles, Jell-O (but no red or purple)
  - tea and coffee (without lemon or cream)
  - clear beef or chicken bouillon (cube only; no more than 3 cubes for the whole day).

- Things you should not have:
  - dairy products, solid foods, or pudding pops
  - red or purple liquids of any kind
  - alcohol, cigarettes, tobacco products
  - chewing gum or hard candy.

The day of your exam:

- You may continue to drink clear liquids up to 4 hours before your exam.
- Wear loose fitting clothes, remove jewelry.

### What are my colonoscopy prep instructions?

A nurse will speak with you by phone before your exam to go over your medical history. Do not buy or start the prep without speaking to a nurse first.

You will need to buy over the counter:

- one Miralax (238 gram) bottle
- one bottle (1 oz) of simethicone liquid (for example, "Infants' Gas Relief Drops")
- one (64 oz) Gatorade (no red or purple).

The day before your exam:

- Between 4 p.m. and 6 p.m. mix the entire bottle of Miralax and the bottle of simethicone (1 oz) with the entire bottle of Gatorade in a large container. Stir and shake it well.

(continued)

- Begin drinking half of the mixture. Drink one (8 oz) glass every 10 to 15 minutes.
- Save and refrigerate the second half of the mixture for the following day.

The day of your exam:

- Begin drinking the second half of the mixture. Drink one (8 oz) glass every 10 to 15 minutes until completed. A nurse will help you calculate the time you need to start the second half of this prep.
- The prep solution will cause a rapid cleansing of your bowels and diarrhea. If you have nausea, vomiting, or bloating, drink the solution at a slower pace. But you must drink all of it.

## Will I get anesthesia or sedatives?

Yes, the exam is usually done with anesthesia or sedatives. If so, a responsible adult must come with you to the appointment. This person must stay in the waiting area and drive you home.

# Lower Endoscopic Medicine Guidelines

---

## What you need to know and do

Sometime during the month before your procedure, an Endoscopy Nurse will call you. You will have a health assessment over the phone. The nurse will discuss how to handle any prescription medicines you are taking.

### What medicines can I take the morning of my procedure?

You can take your prescribed medicines (except diabetic medicine and blood thinners) the morning of your procedure. Take them with a sip of water. You can take them before your procedure or bring them with you to take after the procedure.

### What should I bring with me the day of the procedure?

- inhalers
- insulin
- list of medicines you are taking

### What else should I do before my procedure?

Let us know as soon as possible:

- if you are taking any blood thinners besides aspirin
- if you weigh more than 300 pounds.

### What do I need to do if I am diabetic?

- If you are diabetic and have been told to take a bowel prep or be on a clear liquid diet, do the following:
- If you currently take insulin, take only half your regular doses during your preparation time (unless you're told otherwise).
- When you start your clear liquid diet, stop taking your oral diabetes medicine until after your procedure, unless you are told to do something different.
- Check your blood sugar every 4 hours while you are awake.
- The morning of your procedure, do not take your diabetes medicine. But do check your blood sugar.