

Flexible Sigmoidoscopy Preparation Instructions (14 M) MiraLAX®

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

Our goal is to provide excellent quality care during your visit with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

Please contact Westside Gastroenterology at 317-745-7310 with any questions or concerns.

About Flexible Sigmoidoscopy

Bowel preparation (cleansing) is needed to perform effective sigmoidoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure. You should plan to be in the procedure area for 3-4 hours. It is critical that you follow the instructions as directed. Your physician will discuss your procedure results with you and your family members when you are in the recovery room. If any biopsies or tissue removal is performed, you will receive a letter with those results about 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but unexpected delays and emergencies may occur and affect your procedure time. We give each patient the attention needed for his or her procedure and apologize in advance for delays if these occur.

14 DAYS BEFORE PROCEDURE

- If you are taking weight loss medication, contact your prescribing physician for instructions on stopping the medication prior to your procedure.

7 DAYS BEFORE PROCEDURE

- Read all prep instructions.
- Purchase prep medications.
- Purchase clear liquid diet items as noted on Shopping List.

- **Make arrangements for someone 18 years or older to come with you to the procedure.** Sedation is usually given during your procedure. A responsible adult must be present before, during, and after your procedure. Drop-offs are not allowed. After your procedure, you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.
- **Begin avoiding corn, popcorn, nuts, or foods containing visible seeds.**
- Stop any multivitamins, iron supplements, and herbal supplements.

Bowel Prep and Clear Liquids Shopping List

These medications are all available over the counter without a prescription. They are typically found in the laxative section of the pharmacy. Generic versions of these medications are acceptable.

- **MiraLax®** 510-gram bottle (enough for 21 doses). Other names are Glycolax® or Polyethylene Glycol 3350 - these are identical to MiraLax.
- **Bisacodyl** laxative tablets (common brand name is Dulcolax®) – only 4 tablets will be needed, most packages contain more than this.
- **TWO (2) 28 oz bottles of Gatorade® (NO RED or PURPLE drinks).** Patients who do not like Gatorade® or have diabetes should use G2® (low sugar), Gatorade Zero®, POWERADE Zero® or Pedialyte®.
- OPTIONAL - **Simethicone** 80mg or 125mg (common brand name is Gas-X®) to use if needed for bloating symptoms.
- OPTIONAL - a **petroleum-based ointment product** or diaper rash ointment for potential irritation from frequent bowel movements.

2-7 DAYS BEFORE PROCEDURE

- **STOP anticoagulants/blood thinners exactly** as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix®), warfarin (Coumadin®, Jantoven®), dabigatran (Pradaxa®), apixaban (Eliquis®), or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low-dose aspirin (81 mg), you may continue taking it.
- If you have diabetes and were not given specific instructions for management of medications, please contact the provider who

prescribes your diabetes medication for adjustments prior to your procedure.

2 DAYS BEFORE PROCEDURE

- Stop anti-inflammatory medications: ibuprofen (Motrin[®], Advil[®]), naproxen (Aleve[®]).
- Celebrex[®] and acetaminophen (Tylenol[®]) are ok to use.

1 DAY BEFORE PROCEDURE

- No solid food.
- Drink plenty of fluids throughout the day to avoid dehydration including water, clear fruit juices, white grape juice, apple juice, Kool-Aid[®], POWERADE[®], clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jelly beans, soda pop (7-Up[®], Sprite[®], regular or diet Pepsi[®] and Coke[®], ginger ale, orange soda), Jell-O[®] (without fruit or other additions).
- **NO ALCOHOL**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O[®].**
- **Step 1: Mix 7 capfuls of Miralax[®] into each 28-ounce Gatorade[®] bottle until dissolved.**
 - Keep in refrigerator.
 - You may apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
 - You may take over-the-counter Gas-X[®] for bloating discomfort at any time during the prep process.
 - We suggest not starting the bowel prep until you are able to stay home/near a bathroom.
 - The timing of how quickly the prep begins to work varies widely in different patients. Generally, you will start to have an effect within 4 hours, often before then.
 - It is also common to have loose stool in the middle of the night and/or the morning of the procedure.
- **Step 2: At approximately 4 pm, take 4 Dulcolax[®] laxative tablets with water.**
- **Step 3: At approximately 6 pm begin drinking the first bottle of the Miralax[®]/Gatorade[®] solution. The prep should be taken at a rate of 8 ounces every 15-30 minutes.**
 - Drinking the prep as quickly as tolerated provides better results, but YOU SHOULD PACE YOURSELF. Take a break from drinking the prep if you start feeling nauseated. It is much better to

finish the prep slowly than to cause nausea or vomiting by drinking it too quickly.

- **STEP 4: The time to start drinking the SECOND Miralax®/Gatorade® bottle depends on the time of your procedure.**
 - If your procedure time is scheduled BEFORE 11 am, drink the second bottle of Miralax®/Gatorade® solution immediately after finishing the first bottle.
 - If your procedure time is scheduled AT or AFTER 11 am, you will split your prep. Drink your second bottle of Miralax®/Gatorade® solution on the morning of your procedure starting 6-9 hours before the procedure time. You must complete this bottle at least four hours prior to your procedure time.
 - You can continue drinking additional clear liquids until you go to bed. The goal of the bowel prep is to have colorless (or close to colorless) liquid stool by the time of your procedure. It is normal to have yellow or green diarrhea, regardless of the color of the liquid drinks.

Note: If you think the prep is not working call the office at 317-745-7310, or if after hours call the hospital operator at 317-745-4451 and ask for the GI doctor on call.

DAY OF PROCEDURE

- Do not eat any solid food. You may have the prep and sips of clear liquids (liquids you can see through) up until 4 hours before the procedure.
- As above, if your procedure is after 11 am, drink the second bottle of Miralax®/Gatorade® solution beginning 6-9 hours before the procedure time. You must complete this bottle at least 4 hours prior to your procedure time.
- You can take your morning medications with sips of water but do not take ace inhibitor blood pressure medication (e.g., lisinopril, enalapril, benazepril).
- Wear loose-fitting clothes, NO jewelry, makeup, or hair products.

What to expect after the procedure

- Check your discharge paperwork for instructions regarding new medications or changes to your prior medications and other directions.
- You may also experience some cramping or bloating because of the air introduced into the colon during the procedure. This should disappear quickly when you pass gas. You may consider taking Gas-X® pills (over

the counter) at home to help with this. Call our office with any severe or worsening abdominal pain.

- You were given sedation during the procedure. A responsible adult must drive you home. No driving is allowed for the rest of the day. No exceptions.
- We recommend having a responsible adult stay with you through the rest of the day after the procedure.
- Rest at home with activity as tolerated. Avoid dangerous activities.
- Even if you feel alert after the procedure your judgment and coordination may be impaired for the rest of the day. No alcohol, as this can interact with sedation you received.
- After your procedure, progress as tolerated to your usual diet. You may want to start with a bland diet such as bread, rice, pudding, applesauce, mashed potatoes, cold cereal, or ice cream.
- The day following your procedure you may resume all normal activities and diet.

Here is an educational resource that you may find helpful:

[ASGE | Understanding Flexible Sigmoidoscopy](#)