

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

### Colonoscopy Bowel Preparation Instructions (21M) MiraLAX®

Note that these instructions also apply if you have an upper endoscopy and a colonoscopy scheduled for the same day.

**PLEASE READ AND FOLLOW THESE INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.**

Our goal is to provide excellent quality care during your visit and throughout your experience with our office. We have included some very important information about your procedure and care. Don't hesitate to contact Westside Gastroenterology at 317-745-7310 with any prep questions or concerns.

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

#### **Bowel Prep and Clear Liquids Shopping List**

The medications you will need 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 28 doses, including daily dosing prior to bowel prep). Other names are Glycolax® or Polyethylene Glycol 3350, which are identical to MiraLax®.
- **Bisacodyl** laxative tablets (the common brand name is Dulcolax®)—only four tablets will be needed; most packages contain more than this.
- **THREE (3) 28-ounce bottles of Gatorade® (NO RED or PURPLE).** Patients who do not like Gatorade® or have diabetes should use G2® (low sugar), Gatorade Zero®, POWERADE Zero® or Pedialyte®.
- **Clear Liquids including** clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions). **Do not purchase Red or Purple colored drinks**
- **OPTIONAL** - take 80mg or 125mg of **Simethicone** (the common brand name is Gas-X®) if needed for bloating symptoms.
- **OPTIONAL** - a **petroleum-based ointment product** or diaper rash ointment for potential irritation from frequent bowel movements.

## **14 DAYS BEFORE PROCEDURE**

- If you are taking weight loss medication, contact Westside Gastroenterology for instructions on stopping it before your procedure.
- Stop any multivitamins, iron supplements, and herbal supplements.

## **7 DAYS BEFORE PROCEDURE**

- **Make arrangements for someone 18 years or older to accompany you to the procedure.** Sedation is 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 cannot drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the following day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.
- **Begin avoiding corn, popcorn, nuts, or foods containing visible seeds.**
- Stop anti-inflammatory medications ibuprofen (Motrin®, Advil®), naproxen (Aleve®).
- Celebrex® and acetaminophen (Tylenol®) are ok to use.
- **Start taking 1 capful of Miralax® daily for 7 days.**

## **2-7 DAYS BEFORE PROCEDURE**

- **STOP anticoagulants/blood thinners exactly** as your prescribing physician has instructed you. 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 the management of medications, please get in touch with the provider who prescribes your diabetes medication for adjustments before your procedure.

## **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/jellybeans, 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®.**

### **Bowel Prep Instructions**

**STEP 1: Mix 21 capfuls of Miralax® into 84 ounces (3-28 ounce bottles) of Gatorade® in a large pitcher until dissolved and store in the refrigerator.**

- Do not start the bowel prep until you can 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 common to have loose stools in the middle of the night and/or the morning of the procedure.

**STEP 2: At approximately 4 p.m., take 4 Dulcolax® laxative tablets** with water or clear liquid.

**STEP 3: At approximately 6 p.m., begin drinking 56 ounces 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 last 28 ounces of the Miralax®/Gatorade® solution depends on the time of your procedure.**

- If your colonoscopy procedure arrival time is BEFORE 11 a.m., drink the last 28 ounces of Miralax®/Gatorade® solution before you go to bed.
- If your colonoscopy procedure arrival time is AT or AFTER 11 a.m., drink the remaining 28 ounces of the Miralax®/Gatorade® solution 6 hours before your arrival time.
- You can continue drinking additional clear liquids (sips) until 4 hours before your colonoscopy procedure arrival time.

The goal of the bowel prep is to have colorless (or as 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 it is 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 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.