

WESTSIDE GASTROENTEROLOGY

CONSULTANTS

Flexible Sigmoidoscopy Preparation Instructions (14 M) MiraLAX®

Note that these instructions are also used if you are having an upper endoscopy and a flexible sigmoidoscopy 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 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 prep questions or concerns.

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 (this is enough for 28 doses which includes the 7 days prior to the bowel prep). 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®.
- **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 - 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.

14 DAYS BEFORE PROCEDURE

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

7 DAYS BEFORE PROCEDURE

- **Make arrangements for someone 18 years or older to come with 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 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 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 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.

1 DAY BEFORE PROCEDURE

- **No solid food after midnight on the day before your procedure.**
- 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 14 capfuls of Miralax® into 56 ounces (2-28 ounce bottles) of Gatorade® into a large pitcher until dissolved and keep in refrigerator.

- Do not start 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 common to have loose stools 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 28 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 am, 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 am, 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 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 any ace inhibitor blood pressure medication (e.g. lisinopril, enalapril, benazepril).
- Do not chew gum or chew tobacco.
- Wear loose-fitting clothes, no jewelry, makeup, or hair products.