



Preparing for Your Colonoscopy (Miralax-Gatorade)

Thank you for choosing U Health for your endoscopy care. This document contains instructions to prepare for your procedure. Please read them carefully. The goal of this prep is to clean out your colon so your provider can perform a thorough examination. Failure to follow these instructions may result in the need to reschedule or repeat your examination. Please ask if you have any questions.

Important:

Arrange for a responsible adult (18 years or older) to accompany you home. You must have a responsible adult with you even if you ride the bus, take a taxi or use medical transport. If this adult is unable to check in with you, please let them know we will contact them by phone prior to your procedure. You may be groggy after your procedure. Do not plan on returning to work the day of your exam.

Let us know if you have chronic constipation. You will need a special set of preparation instructions.

Medications:

You may need to stop or change the way you take some medications before this procedure. An endoscopy nurse will call you before your procedure to review and suggest any changes to your medications.

If You Have Diabetes:

Fasting (going without food) is required before this procedure. Schedule your appointment early if you can. Call us for medication instructions if you take any of the following:

- Short Acting Insulin
- Long Acting Insulin
- Any oral or injectable diabetic medications

Purchase the Following *

- 1 - small box/4 tablets of bisacodyl (Dulcolax), 5mg tablets
- 1 - 8.3 ounce bottle of polyethylene glycol powder (Miralax), 14 once-daily doses
 - May require more. See day 7 instructions
- 1 - 64 ounce bottle of sports drink like Gatorade or PowerAde (nothing red in color)
- 1 - 10 ounce bottle of magnesium citrate

Do not take Magnesium Citrate if you have kidney failure. Call the endoscopy lab for alternate instructions.

***Please contact us prior to purchasing these items if you have any of the following: *Kidney Failure
*End Stage Liver Disease with Ascites *Congestive Heart Failure**

7 Days Before Your Appointment (Date _____):

Call us for medication instructions if you take any blood thinners. Some common examples are:

- Apixaban (Eliquis)
- Clopidogrel (Plavix)
- Coumadin (Warfarin)
- Dabigatran (Pradaxa)
- Dalteparin (Fragmin)
- Edoxaban (Savaysa)
- Enoxaparin (Lovenox)
- Fondaparinux (Arixtra)
- Prasugrel (Effient)
- Rivaroxaban (Xarelto)
- Ticagrelor (Brilinta)

No need to stop or change the way you take aspirin for this procedure.

If you are not having daily bowel movements, start taking polyethylene glycol once per day. Mix 1 tablespoon polyethylene glycol with ½ to 1 cup (4-8 ounces) of liquid.

5 Days Before Your Appointment (Date _____):

- Stop taking iron supplements. Resume after procedure.

3 Days Before Your Appointment (Date _____):

- Stop eating high fiber foods and wholegrains. Examples include, uncooked fruits, vegetables, nuts, seeds, granola, popcorn, quinoa, and whole grain bread and bran products.
- Have you spoken with a nurse and reviewed your health history? If not, please call us at 801-213-9797 option 1 option 2.

The Day Before Your Appointment (Date _____):

Step 1:

- In the morning start a clear liquid diet. Do not eat any solid food. Do not drink alcohol. Avoid beverages with red food coloring.
- Clear liquids include apple juice, grape juice, water, soda, sports drinks, black coffee and plain tea (no cream or milk), broth, plain jello (no fruit), popsicles and Italian ices (no fruit or cream).
- Consume a large amount of liquids throughout the day.

Step 2:

- At 4:00 p.m., take 4 bisacodyl tablets.
- Mix the entire bottle of polyethylene glycol (8.3 ounces) with the 64 ounce sports drink. Shake until dissolved. Put the bottle in the refrigerator. The mixture tastes better cold.

Step 3:

- At 6:00 p.m., drink 1 cup (8 ounces) of the polyethylene glycol mix every 10-15 minutes. After drinking 4 cups (32 ounces) **STOP**. Store the remaining drink in the refrigerator.
- **Continue to drink clear liquids. This helps your prep be more successful.**
- If you are not having loose stools by 10:00 p.m., drink the 10 ounce bottle of magnesium citrate.

The Day of Your Appointment (Date _____):

- Take medications as instructed with a small sip of water. If the medications you take require food, please postpone until after your procedure.
- 4 hours before your appointment, finish drinking the polyethylene glycol mix. Drink 1 cup (8 ounces) every 10-15 minutes. Complete drinking within 1 hour.
- 3 hours before your appointment, **Stop Drinking**. Avoid taking anything by mouth, this includes gum, candy and mints.
- Allow for extra travel time to your appointment. You may need to stop for a bathroom break along the way.

Helpful Tips:

- You will have a more successful prep if you drink lots of clear liquids throughout the prep process.
- Stay near a toilet! You will have diarrhea, this is normal as the prep starts to work. You may have to drink the prep while sitting on the toilet.
- If you have nausea or vomiting, take a short break. Rinsing your mouth, brushing your teeth, or chewing gum may help to decrease the nausea. Continue to drink the prep solution.
- If you still have nausea, consider using Dramamine and follow directions on the package.
- Use hemorrhoid cream or baby wipes to reduce anal irritation during the prep process. Do not use suppositories.
- You must complete your entire prep. A successful prep results in bowel movements that are liquid and yellowish to clear in color. If you can see the bottom of the toilet bowl after bowel movements, you are ready for your procedure. Congratulations!

Contact Information:

Please call us with questions or concerns:

Endoscopy Call Center: (801) 213-9797, choose option 1 and then option 2

If you need to cancel your appointment, let us know as soon as possible.

The endoscopy department reserves the right to require a new referral or possible dismissal from care for the following reasons:

- Multiple procedure or clinic cancellations
- Failure to attend procedural or clinic appointments
- Inability to cancel procedures without a 48 hour notice

For more information visit our website: <http://healthcare.utah.edu/gi>

To watch a colonoscopy prep video go to: <https://healthcare.utah.edu/gi/preparing.php>