



Preparing for Your Colonoscopy (Extended Miralax-Gatorade)

This sheet contains instructions you must follow to prepare for your endoscopy procedure. Read them carefully. If you do not follow these instructions, you will have to reschedule or re-do your test. The goal of this preparation is to clean out your bowels. If your preparation is successful, you will pass yellowish to clear liquid when you have a bowel movement. The cleaner your bowels, the easier it is for your doctor to spot a problem. Please ask us if you have any questions about this instruction sheet.

We recommend you make a check mark by each instruction as you complete it.

Important:

Arrange for a responsible adult (18 years or older) to accompany you home. You will be groggy after your procedure. 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 need to contact them by phone prior to your procedure. Do not plan on returning to work that day.

This is a special set of instructions for patients who suffer from frequent constipation.

Medications:

You may need to stop or change the way you take some medications before this procedure. We are here to help you understand how you need to change your medications. The number one reason we cancel procedures is because patients do not adjust their medications properly. Please keep reading for more instructions.

If You Have Diabetes:

Remember you will need to fast (go without food) 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
- Metformin (Glucophage) or other oral diabetic medication

Purchase the following:

- 2 - small boxes/4 tablets each of Bisacodyl (Dulcolax), 5mg tablets
- 2 - 8.3 ounce bottle of Polyethylene Glycol powder (Miralax), 14 once-daily doses
- 2 - 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 of the following:

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

You do not 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 until after your procedure.

3 Days before Your Appointment (Date _____):

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

2 Days before Your Appointment (Date _____):

Step 1:

- Start a clear liquid diet in the morning. No solid food until after your procedure. Drink only liquids you can see through.
- Clear liquids include apple juice, grape juice, water, soda, sports drinks, black coffee and plain tea (no cream or milk), broth, plain gelatin (no fruit), popsicles and Italian ices (no fruit or cream).
- Do not drink alcohol, milk, noodles or vegetables in soup, juice with pulp or anything red in color.

Step 2:

- At 4:00 p.m., take 4 Bisacodyl (Dulcolax) tablets.
- Mix one entire bottle of Polyethylene Glycol (Miralax) (8.3 ounces) with one bottle of the sports drink (64 ounces). Save the other bottles for tomorrow. Shake until the Polyethylene Glycol (Miralax) has dissolved. Put the first bottle in the refrigerator.

Step 3:

- At 6:00 p.m., drink 1 cup (8 ounces) of the Polyethylene Glycol (Miralax) mix every 10-15 minutes. Stop after you drink 4 cups (32 ounces). Keep the rest of the mix in the fridge for the next morning.

The Day before Your Appointment (Date _____):

Step 1:

- Continue a clear liquid diet all day today. No solid food until after your procedure. Drink only liquids you can see through.
- At 10:00 am, finish drinking the Polyethylene Glycol (Miralax) mix from the night before. Drink 1 cup (8 ounces) every 10-15 minutes so you are finished in an hour.

Step 2:

- At 4:00 p.m., take 4 more Bisacodyl (Dulcolax) tablets.
- Mix the entire second bottle of Polyethylene Glycol (Miralax) (8.3 ounces) with the second sports drink (64 ounces). Shake until the Polyethylene Glycol (Miralax) has dissolved. Put the bottle in the refrigerator.

Step 3:

- At 6:00 p.m., drink 1 cup (8 ounces) of the Polyethylene Glycol (Miralax) mix every 10-15 minutes. Stop after you drink 4 cups (32 ounces). Keep the rest of the mix in the fridge
- **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:

- Stay near a toilet! You will have diarrhea. This is normal and means the prep solution is working. Discomfort is common as you prepare for your procedure. Expect to feel better as your bowels clear out.
- Continue to drink the prep solution every 15 minutes as directed. You may have to drink while sitting on the toilet.
- If you have nausea or vomiting, give yourself a short break. Rinse your mouth or brush your teeth. Then continue drinking the prep solution. Chewing sugarless gum may help. You may take Dramamine if your nausea is bad. Follow dosing directions on the package.
- Use hemorrhoid cream or wipes to reduce anal irritation during the prep process. If you have a prescription hemorrhoid cream, you may use it. Do not use suppositories.
- Allow for extra travel time to your appointment. You may need to make bathroom stops along the way.
- 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 endoscopy 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>