



## COLONOSCOPY PREP USING SPLIT DOSE MIRALAX SOLUTION

*IMPORTANT – Please read these instructions 2 weeks before your colonoscopy. If instructions are not followed, your colonoscopy may be cancelled due to poor prep.*

### Key Instructions:

- The colon must be cleansed before the examination to allow your doctor to view your colon. Follow all instructions **exactly** as written.
- **Do not** eat any solid food the **ENTIRE** day before your colonoscopy.

### For the prep, you will need to purchase (over the counter medications):

- Miralax 238 gram bottle.
- 64 oz of Gatorade or Pedialyte (no red or purple)
- Simethicone 120 mg (2 chewable tablets)
- 4 Dulcolax (Bisacodyl) Tablets.
- You will need a ½ gallon or gallon jug for mixing

### Transportation arrangements (mandatory)

- Due to the medications that you will receive for the procedure, you are **required** to have a responsible adult (age 18 or over) accompany you in and drive you home. We will need to verify your driver upon your arrival. Public transportation and taxis are only allowed if you **ALSO** have a responsible person to accompany you. If you do not have a driver, your procedure will be rescheduled.

Additionally, it is **REQUIRED** that you have a responsible adult available to you for 12 hours after your procedure to call for assistance should any complication occur from the conscious sedation, anesthesia or the procedure. The sedatives could affect your judgment and reflexes for the rest of the day. The day of the exam you will be asked to sign a paper that you agree to this arrangement before we can perform your exam. **Note: You will not be able to return to work until the following day.**

### 5-7 days before the examination

- Purchase your bowel preparation at least 5 days before your colonoscopy. The medications are listed above. None of these require a prescription, but for those seen at Herkimer Health Center, a prescription may be provided to you.
- Please avoid high fiber foods such as beans, popcorn, corn, nuts, multi-grain bread, seeds and lentils and roughage (salads, fresh or dried fruits or vegetables) for at least 5 days prior to procedure.

### Unless you are advised otherwise during a pre-procedure visit,

- **Do NOT** take medicines that stop diarrhea
- **Do NOT** take vitamin E
- **Do Not** take iron (or products containing iron, such as multivitamins) for 5 days prior to exam.

### **If you are taking blood thinners or insulin:**

- You may continue to take aspirin.
- If you have a pre-procedure visit, the issue of when to stop your blood thinners or adjust your insulin will be addressed at the time of your pre-procedure visit.
- Patients not requiring a pre-procedure visit, please check with your prescribing physician about when to stop your blood thinners or adjust your insulin.

### **On the day before the examination**

Only drink clear liquids the **ENTIRE DAY** before your colonoscopy, starting as soon as you get up. **DO NOT eat any solid foods.** Drink at least 8 ounces of clear liquids every hour throughout the day.

#### Clear liquids include:

Strained juices (apple, white grape and white cranberry)

Tea (no milk or creamer)

Fruit flavored drinks (not red or purple) Carbonated/noncarbonated soft drinks

Plain Jell-O (no red or purple) Ice popsicles

Clear broth or bouillons

**Coffee not allowed.**

### **The actual prep:**

#### **Split dose Miralax (PEG 3350) prep.**

Explanation: Studies have shown that a split dose prep is superior to taking the entire prep at once. Depending on when you start the prep and the timing of your procedure, this may interfere with your sleep. We apologize for this, but feel that it is necessary for the most effective prep.

#### **On the day before your COLONOSCOPY:**

1. Mix the 238 gram bottle of Miralax in 64 ounces of Gatorade or Pedialyte (no red or purple) **Diabetics** should use Pedialyte because of the lower sugar content.
2. Shake the solution until the Miralax is dissolved
3. Refrigerate

### **1<sup>st</sup> Half of Prep**

1. **At 4:00 PM** (or later depending on your work schedule) take 1 simethicone and 2 dulcolax tablets.
2. **Beginning at 6:00 PM** (or later in the evening), drink half (32 ounces) of the solution. This means drink 8 oz of the Miralax solution every 15 minutes until you have completed 32 ounces. **This part of the bowel prep takes about 1 hour.** If you begin to feel nauseated, you may drink at a slower rate.
3. Be sure to stay very well hydrated. **Drink extra clear liquids – at least 24 oz** in between the doses of the prep.

### **2<sup>nd</sup> Half of prep:**

- **4 hours after completing the first half of the prep** take the second simethicone and remaining 2 dulcolax tablets.
- Drink the rest of the solution (32 ounces). This means drink 8 oz of the Miralax solution every 15 minutes until it is all finished. **This part of the bowel prep takes about 1 hour.** Once finished with the entire prep, we encourage you to continue drinking clear liquids. However, you must **STOP** drinking all liquids 6 hours before your procedure time.
- **AGAIN, DO NOT EAT ANYTHING SOLID THE ENTIRE DAY BEFORE THE PROCEDURE.**
- **DO NOT DRINK ANYTHING AFTER 6 HOURS PRIOR TO YOUR PROCEDURE**

### Helpful hints to prepping:

- The colonoscopy prep solution will lead to watery diarrhea, which can often lead to rectal irritation. When you pick up your prep at the pharmacy, we recommend getting one of these over-the-counter products that you might find helpful:
  - creams or ointments (Aquaphor, diaper rash cream/ointment—please avoid Vaseline)
  - Tucks or Fleets relief pads (chilling them works well)  
Also avoid rubbing after bowel movements; gently pat the area with a wet washcloth or baby wipes.
- Try using a straw to avoid contact with your taste buds.
- Rinse your mouth with water, clear liquids, or mouth wash after drinking.
- Suck on hard candy (no red or purple).
- If nausea, bloating, or vomiting occur, take a break and try again drinking more slowly. If you are still having difficulty call **(1-800-227-7388)**
- The fluid, although it may taste better chilled, may make you feel cold. We suggest warming a blanket in your dryer for comfort.

### What will happen during my procedure?

Your doctor has recommended that you have a colonoscopy. During this exam, the doctor will pass a flexible rubber-coated tube through the rectum into the large intestine (colon) to look for any abnormalities.

1. You will be interviewed by a Gastroenterology nurse/associate for all pertinent medical and surgical information including allergies and present medications
2. Other information more specific to your examination will be discussed. You will be required to sign a consent form giving the physician permission to perform the examination.
3. All patients will have intravenous access prior to beginning the exam. This allows for medication to be delivered to relax you. The medication is not intended to put you to sleep, although you may temporarily fall asleep. Specially trained staff will be with you during the exam. The exam may take between ½ and 1 ½ hours. It is necessary that the colon be inflated with air through the scope. This may give a “gassy,” “crampy” sensation. Some discomfort is expected during the exam. You will need to inform the physician if you are unable to tolerate the discomfort. You may expel air as you need to. It is important that you continue to expel this air during and after the colonoscopy.

If polyps are found, biopsies (tiny snips) may be taken or the polyp may be removed. Your physician will write you a letter with the results of the biopsies as soon as they are available.

### What about afterwards?

You may experience some cramping or bloating because of the air placed in your colon during the exam. As you pass this air out over a few hours, you will feel better.

For your safety, a responsible adult must drive or accompany you home.

For the remainder of the day:

- Do not drive or operate machinery for 24 hours, sign legal documents or make important decisions (because of the sedation medication)
- Do not drink alcohol. Do not take sleeping or anxiety medications until bedtime (because they can mix with sedation medication still in your blood)
- You should not return to work. We recommend resting for the remainder of the day. You can resume normal activities the next day.

Refer to your copy of the discharge papers for further instructions.

### **Risks of the procedure**

There are risks involved, just as in almost everything in life. Specifically, there is a slight chance of adverse reactions from medications, injury to the colon lining or bleeding. It would require emergency surgery if the colon were perforated. Perforation is extremely rare, but you need to be aware of the possibility. Every possible precaution will be taken to minimize the risk of complications.

### **Cost of the procedure**

The expense of a colonoscopy is dependent on many factors, such as time required for the exam and the specially trained staff needed to perform the examination safely and efficiently. The actual final expense for you, the patient, of course depends on what kind of health insurance you possess. Please be sure to check your insurance plan, as some plans do not pay for procedures if their criteria are not met. Any questions you have regarding insurance coverage should be discussed with your insurance company prior to the procedure.

Please feel free to call with any questions to the Digestive Diseases Center where your procedure is scheduled. Out of consideration for the numerous patients who are on our waiting list for a Digestive Diseases procedure, we ask that if you need to cancel or reschedule this appointment, you do so at least 48 hours ahead of time. This will allow the doctor to fit in another patient who is waiting. Please be aware that considerable resources have been reserved for you for this procedure.

Cooperstown – 1-800-227-7388 ext.3388, option 1

Oneonta Specialty Services – 607-433-6434

Delhi/O'Connor – 607-746-0406 or 607-746-0404

Herkimer – 315-867-2855

Little Falls Specialty Services – 315-823-1000, ext. 4312

Cobleskill – 518-254-3225

## **LOW FIBER DIET** 5 days prior to colonoscopy

It seems like the opposite of a healthy diet but keep in mind.... **This is a temporary diet change.**

A low fiber diet includes foods that are easy to digest, and do not leave residue in your colon while you are preparing for your colonoscopy. This increases your chances of having a successful bowel prep and receiving a high quality colonoscopy.

### **LOW FIBER FOODS INCLUDE:**

- Enriched white bread (NO whole wheat, whole grain, oat or multigrain)
- White rice or plain white enriched pasta or noodles
- Cereals with no more than 1 gram of dietary fiber per serving
- Canned fruits without skins, seeds or membranes (peaches, pears, applesauce)
- Ripe bananas and ripe cantaloupe or honeydew (no watermelon)
- Canned soups without corn, or peas (chicken noodle or tomato soup)
- Dairy – milk, yogurt, cheese, ice cream
- Eggs
- Cooked or canned vegetables without seeds or skin (carrots, mashed potatoes)
- Protein – chicken, turkey, fish and seafood, tofu, ground meat, smooth peanut butter
- Juices without pulp
- Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)

### **DO NOT EAT:**

- Whole wheat, whole grain, oats or multigrain bread and other products
- Brown or wild rice
- Raw or dried fruits and vegetables
- Dried beans, baked beans, peas or corn
- Flax or any food products containing flax, nuts or seeds.
- Popcorn or any snack food containing corn nuts or seeds.