

Colonoscopy MiraLAX®-Gatorade® Two-Day Prep

Your Exam is Scheduled for _____ Time of Arrival (Tentative): _____

If you have any questions about your exam or appointment, please contact the Perioperative Nurse Educator at 715-483-0442, Monday through Friday between 8:30 AM and 5:00 PM. If after these hours, please contact the Nursing Supervisor at the hospital at 800-828-3627 for any other questions or if you need to cancel.

If you are taking aspirin for any heart condition as advised by your physician, DO NOT stop taking it. Since it can be dangerous to stop any anticoagulation medication, always check with your provider before stopping these medicines.

Before the Exam

- If you take insulin or a diabetes pill, contact your primary care doctor for medicine and dietary instructions.
- Tell the nurse if you: are allergic to any medicines or latex, are pregnant, have heart or lung problems, and/or bleeding problems after surgery or dental work.
- Arrange to have someone drive you home after the exam. You will be given a medicine that will make you sleepy and you will not be able to drive or walk home. **If you do not have someone to drive you home, your test will be canceled.**
- **Purchase the ingredients for the prep.** You can find these at most local grocery stores, drug stores, large retailers, and St. Croix Valley Pharmacies located in Balsam Lake, Frederic, and St. Croix Falls.
 - Four (4) Dulcolax® (bisacodyl) laxative tablets (5 mg each)
 - MiraLAX® powder (238 gram bottle)
 - Three 20-ounce bottles of Gatorade® or Powerade® (60 ounces total) of any color except red or purple (orange is okay). *If you have diabetes, we recommend you use the sugar-free versions of Gatorade® or Powerade®.*
 - Two 10-ounce bottles of magnesium citrate
 - Two Gas-X® (180 mg) Simethicone tablets

The colonoscopy prep will cause your body to lose a lot of fluid. This can result in illness due to the loss of too much body fluid (dehydration). It is important that you prepare your body by drinking extra clear liquids before starting the prep. Stay hydrated (make sure you have enough fluids) by drinking clear liquids during the prep as directed. **Replenish your system by drinking clear liquids when you return home.**

•• Please Read All Pages ••

One (1) Week Before the Exam

- **Start the low fiber diet** (*see attached*). We recommend you begin this diet no later than four (4) days prior to your exam, but understand this may not be possible in all situations.
- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil®, and FiberCon®.

Two (2) Days Before the Exam

- For the entire day, follow a Clear Liquid Diet (*see below*). Stop eating solid foods in the morning.
- Anytime during the day, drink one 10-ounce bottle of magnesium citrate.

CLEAR LIQUID DIET: A clear liquid diet consists of water, coffee or tea (without milk or non-dairy creamer), Gatorade® or Powerade® (**no red or purple**), Pedialyte®, carbonated and non-carbonated soft drinks, clear fruit juices **without pulp** (apple, white grape, powdered lemonade), broth, Jello® (**no red or purple**), popsicles (**no red or purple**), and hard candies are acceptable.

- **DO NOT DRINK:** tomato juice, orange juice or any red- or purple-colored liquids, alcoholic beverages, milk or non-dairy creamer. **DO NOT EAT any solid foods.**

The Day Before the Exam

- Continue to follow the Clear Liquid Diet (*see notes above*).
- Drink at least eight (8) glasses of water throughout the day.

Starting at 3:00pm: Take four (4) Bisacodyl (Dulcolax®) tablets with a glass of water. Be aware that the cleansing process (prep) will take at least four to eight hours and schedule any plans accordingly.

5:00pm: Mix all of the MiraLAX® (Polyethylene Glycol) powder and Gatorade® or Powerade® together in a pitcher. Stir until the MiraLAX® is dissolved. Drink eight (8) ounces of this mixture every 10 to 15 minutes **until the 60 ounces is gone**. Continue to drink clear liquids until bedtime.

9:00 PM: Take one of the Gas-X® (180 mg Simethicone) tablets.

10:00 PM: Take the second Gas-X® tablet. Mild nausea may occur. Loose stools are expected.

•• Please Read All Pages ••

The Day of the Exam

- Six (6) hours before arriving for your exam, drink the second 10-ounce bottle of magnesium citrate.
- You may have clear liquids up to four (4) hours before you are scheduled to arrive for your exam. After that time, stop consuming all liquids. Do not take anything by mouth during this time.
- Your stop time is:_____.
- You may take any regular medicine with a small sip of water.
- When you arrive for your exam, check in with the Same Day Surgery Center located through the main hospital entrance. Be sure to bring your insurance card and photo ID.
- A driver is **REQUIRED** for this procedure. The sedation given will affect your judgement and ability to drive.
 - ▶ Your driver **MUST** arrive and check in with you at the time of registration. They **MUST** stay in the facility for the entirety of your procedure, approximately two (2) to three (3) hours.
 - ▶ You cannot drive the rest of the day. You cannot walk home, either.
 - ▶ Again, if you arrive without a driver, your procedure **WILL** be canceled and/or rescheduled.
- If you have followed the instructions and your stool is no longer formed but is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the Perioperative Nurse Educator at 715-483-0442.

During the Exam

- You will be asked to lie on your left side with your knees drawn up. Your doctor will insert a scope through the rectum and pass it into your colon. The doctor will use a small amount of air to expand the colon to see the colon walls.

After the Exam

- The nursing staff will monitor you for about 60 minutes.
- Your doctor will talk with you about the results of the exam before you leave. You may not remember what your doctor tells you; your doctor may also talk to your family.
- Your nurse may also discuss your results and assist you if other appointments are needed.
- You may resume your normal diet and medicines.

Colon Cleansing Tips

- Stay near a toilet. You will have diarrhea. This is normal.
- Drinking the solution through a straw can make it easier to tolerate.
- You may experience **abdominal cramps** and **lightheadedness**. If this happens, lie down, elevate your feet, place a cold washcloth on your head, and drink water.
- Rarely, people may experience nausea/vomiting. If this happens, take a 30-minute break from drinking the prep, brush your teeth or rinse out your mouth, then continue drinking the prep.
- Use baby wipes (moist wipes) to prevent irritation of the rectum.