

# Miralax<sup>®</sup>/Gatorade<sup>®</sup> Colonoscopy Prep



## Important Prep Instructions:

**Please read the entire letter.** It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. We recommend that you post these instructions on your fridge at home to help remind you of the steps you'll need to take.

## Important Testing Information:

Make sure to follow the prep instructions below completely, including stopping any medication that may impact your colonoscopy and results.

- On the day of your procedure, you will need to take the day off from work.
- We require that you have a friend or family member drive you home after your procedure. You **may not walk, leave by taxi, bus, ride share or bicycle.** You will be receiving sedation medication that will cause you to be groggy and you will not be able to drive until the next day. Your driver will need to be with you when you check in and remain available to sign you out after your procedure.
- We will ask that you remove all jewelry and leave any valuables at home. (It is okay to bring your cell phone.) You should bring inhalers, oxygen, reading glasses or hearing aids if you use them.

## Insurance and Financial Responsibility

- If your insurance has changed, please let us know before your procedure.
- After your procedure is scheduled, you may receive a call from Presbyterian to verify your information and insurance coverage. If you have questions, call (505) 923-8300.
- If you need financial assistance for the procedure, or if you have financial or billing questions, please call (505) 923-6600.
- If your insurance requires a referral before your procedure, it must be current at the time of your procedure, or you may be liable for payment.
- Bring your insurance card(s) with you the day of your procedure.

## Purchases Before Your Procedure

Purchase the following items: (All of these are over-the-counter medications and do not need a prescription)

- MiraLax<sup>®</sup> 238g bottle.
- 64 ounces of Gatorade<sup>®</sup> (avoid red or purple colors).
- Simethicone anti-gas chewable or soft gel capsules (such as Gas-X<sup>®</sup>, Mylanta Gas<sup>®</sup>, Maalox Anti-Gas<sup>®</sup>, or similar products).
- Biscodyl (DulcoLax<sup>®</sup>) 5 mg.
- You may also want body wipes or A&D ointment in case you become sore.
- A supply of liquids (see the list of liquids safe to drink on the next page).

## 7-14 Days Before Your Colonoscopy

- If you have diabetes, we recommend talking with your endocrinologist or primary care provider if any bridge for antidiabetic therapy is needed for that time period.

## 5 Days Before Your Colonoscopy

**If you take blood thinners, stop taking them 5 days before your procedure.** This includes any Coumadin® (warfarin), Plavix® (clopidogrel), Persantine® (dipyridamole) or Ticlid® (ticlopidine).

**If you take weight loss medication named phentermine or Fenfluramine- phentermine ("fen-phen"), recommend to hold it 4 days prior to endoscopic procedures.**

- **DO NOT** discontinue these medications without instructions from your cardiologist, prescribing physician or anticoagulation clinic. Contact your prescribing physician for instructions.
- **DO NOT** take the following medications: Alka Seltzer®, Pepto Bismol®, iron supplements, omega 3, fish oils, vitamin E.
- **If your provider does not want you to stop these medications, please call us at (505) 224-7000.**
- **DO NOT** eat foods that contain seeds, corn or nuts.

## 2 Days Before Your Colonoscopy

**Stop taking Eliquis® (apixaban), Xarelto® (rivaroxaban) or Pradaxa® (dabigatran etexilate) 2 days before your procedure.** Do not discontinue these medications without instructions from your cardiologist, prescribing physician or anticoagulation clinic. Contact your prescribing physician for instructions.

**If your provider does not want you to stop these medications, please call us at (505) 224-7000.**

## Helpful Information About Your Colonoscopy Prep

- You will have diarrhea from the medication. This will start a few minutes to three hours after you start the prep.
- You will need access to a toilet once you begin, so plan your day with this in mind.
- Most people have bloating and abdominal discomfort. This is normal!
- If you have nausea or begin vomiting while going through the prep steps on each day, slow down.
- You must follow a clear liquid diet with no solid food and can only have:
  - Water
  - Clear broth soups
  - Herbal tea, black tea, or coffee (no cream or non-dairy creamer)
  - Watered down (diluted/from concentrate) clear fruit juices (no pulp) including apple juice or white grape juice
  - Clear soda
  - Gelatin (without added fruit or toppings)
  - Popsicles (no fruit or fruit pulp)
  - Strained limeade or lemonade
  - No alcohol, wine or beer

## The Day Before Your Colonoscopy

- **DO NOT EAT ANY SOLID FOODS!** You can only drink clear liquids for breakfast, lunch and dinner. See the list of clear liquids on the previous page.
- Avoid red, orange and purple colored Jell-O and Gatorade. This discolors your stool and interferes with the colonoscopy.

## At 5 p.m. the Night Before Your Colonoscopy

<b>Step 1:</b>	At 5 p.m., take 2 Biscodyl tablets (5 mg each).
<b>Step 2:</b>	At 6 p.m. mix Gatorade® with the bottle of MiraLax®. Make sure you use a separate container for this mixing. Shake the solution until the MiraLax® is dissolved. Begin drinking the solution at a rate of one 8 ounce glass every 10 to 15 minutes until you have taken half of the solution. If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again.
<b>Step 3:</b>	At 8 p.m., take 2 Simethicone anti-gas chewable or soft gel capsules (such as Gas-x®, Mylanta Gas®, Maalox Anti-Gas® or similar products) with 8 ounces of clear liquid. The Simethicone medication reduces bubble formation in your colon and improves exam quality.
<b>Step 4:</b>	At 10 p.m., take 2 additional Simethicone tablets with 8 ounces of clear liquid.
<b>Step 5:</b>	Continue your clear liquid diet throughout the night.

## The Day Of Your Colonoscopy

- **DO NOT EAT ANY SOLID FOODS!**
- You may have clear liquids up until 4 hours prior to your procedure time.

<b>Step 1:</b>	6 hours prior to your check-in time, begin drinking the second half of the MiraLax®/ Gatorade® solution at a rate of one glass every 10 to 15 minutes until you have completed the entire container of fluid.
<b>Step 2:</b>	4 hours before your procedure, please take your blood pressure, cardiac, seizure and pain medications. <b>DO NOT</b> take any other medications 6 hours prior to the test.

- **DO NOT** chew on gum, eat hard candy, or use cannabis the day of your procedure.
- **DO NOT** drink anything after you get to our GI lab for your procedure.

## Call our office at (505) 224-7000 during business and after hours if:

- **You cannot complete the bowel preparation as ordered**
- **You have the following symptoms after your procedure:**
  - Nausea
  - Vomiting
  - Fever
  - Chills
  - Bleeding
  - Abdominal pain

**We require that you contact us at least 72 hours before your scheduled test if you wish to cancel your procedure.**

**There is a risk of bleeding from the polyp removal site(s) up to 14 days after your procedure. We recommend not traveling anywhere emergency services may not be available during that time period.**