

## **Gastrointestinal Associates LLP**

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### **Gatorade/Miralax Bowel Prep**

Modern colonoscopy is a diagnostic procedure to examine the colon or large intestine. Over the past 30 years, it has become a gold standard in screening for colon polyps and prevention of colorectal cancer. With modern methods of sedation and newer computerized flexible instruments, most exams are quick, painless, and very safe. The problem is the day before. For an accurate and safe exam, it is very important that your colon be clean of all waste material by means of a restricted diet and laxative preparation or "prep". Follow all instructions carefully so that the test will not need to be rescheduled. If you have any questions please call our office.

#### **To prepare for your colonoscopy you will need to purchase:**

- One bottle of **Miralax** (over the counter-510 gram bottle)
- One bottle **Gatorade**-(64 ounce) any color **EXCEPT** red. Use diet Gatorade if diabetic
- Four **Dulcolax** (Bisacodyl) tablets (over the counter)

All bowel preps may cause some anal irritation. We also recommend:

- A soft brand of toilet tissue (such as Charmin Sensitive)
- A box of baby wipes or tucks pads (such as Huggies or Pampers Aloe wipes)
- A small tube of diaper rash or Zinc Oxide cream (such as A&D Zinc Oxide)

#### **When your appointment is scheduled:**

If you are on any **blood thinning/anticoagulants** (Coumadin, Jantoven, Warfarin, Plavix, Pradaxa, Effient, Xarelto, Brilinta, Aggrenox, Ticlid, Aggrastat, Avixtra, Iprivask, Lovenox, Dipyridamole), please contact our office at 573-777-8820. These medications often need to be stopped prior to the procedure.

#### **Three to Five days before the your colonoscopy:**

- 1) Make arrangements for a responsible adult to accompany you to your appointment and drive you home. If possible, this person should be someone we can share the results of the exam with.
- 2) Stop taking medications that contain iron.

- 3) Continue any other medications that you normally take.
- 4) For females, if you have started your menstrual period it is still okay to do the colonoscopy. Female patients will be asked to provide a urine specimen for a pregnancy test the morning of your procedure at the facility.
- 5) It is helpful to eat lightly a few days before your exam. It makes the cleanout easier and more effective. Try to avoid overeating to compensate for the upcoming fast. Please avoid Metamucil, raw vegetables, corn, and foods with skin or small seeds (like tomatoes, sesame seeds, kiwi, and cucumbers) for a few days before your exam.

### **The day before your colonoscopy:**

- 1) Eat a clear liquid diet for **breakfast, lunch, and dinner** the day before the test. **CLEAR LIQUIDS** are anything you can see through. This includes clear water, fat free broths, bouillon, tea, coffee (without creamer), Kool-Aid, Crystal Light, carbonated beverages (ex: Pepsi or Sprite), sodas, fruit juices without pulp (apple, grape, cranberry), popsicles without pulp, Jell-O, hard candies, Italian ices, Gatorade. **AVOID anything with red dye. NOT ALLOWED:** Orange juice, fruit nectars, liquids you cannot see through, milk, cream. Please drink plenty of fluids during the day to prevent dehydration.
- 2) If you are a diabetic patient on insulin, please check with your **primary physician** regarding necessary changes to your doses.
- 3) At approximately **8:00AM** take the 4 Dulcolax (Bisacodyl) tablets with 8 ounces of water.
- 4) **12:00PM to 5:00PM**, mix the 510 gram bottle of Miralax in the 64 ounce bottle of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 ounce glass every 10-15 minutes until  $\frac{3}{4}$  of the solution is gone. Save 16 ounce and refrigerate. Your stools should eventually be a clear yellow color and you should be able to see the bottom of the toilet through the fluid after prepping.
- 5) You may continue drinking clear liquids throughout the evening.

### **The day of your colonoscopy:**

- 1) No breakfast
- 2) At least 4 hours before your appointment, drink the remainder of the saved Gatorade. You must finish drinking the final glass of Gatorade/Miralax at least 3 hours before your check in time. ***You need to do the second dose the morning of your procedure even if your stools were clear the night before.***
- 3) You cannot have any food, drink, candy, gum, chewing tobacco and should not smoke for 3 hours before your procedure. You should not have broth the morning of your procedure.
- 4) You may take blood pressure medications, seizure medications, prophylactic antibiotics, and inhalers prior to your procedure with a sip of water. Take insulin as directed by your primary physician.
- 5) Dress comfortably. You may want to bring a change of clothes just in case you soil the clothes you are wearing. You may want to consider wearing Depends if you have a long drive.

- 6) **You will need to bring a driver, a list of your medications/vitamins (that includes the name, dose, frequency, and reason for taking the medication), driver's license (or Identification), insurance card, and co-pay if your insurance requires one. Leave your jewelry and other valuables at home.**

**After arriving at the Endoscopy Center:**

- 1) After arriving at the Center/Hospital, you are to check in. Sedatives/anesthesia will be used for the procedure to help with any discomfort you may have, therefore an IV will be placed in your arm/hand.
- 2) You will need to sign a consent form authorizing the physician to perform the procedure. The procedure takes 20-30 minutes, and recovery is about 30 minutes. Your total time at the Center/Hospital should be approximately 2-3 hours. Before you leave, you will receive information about the results of your colonoscopy, instructions regarding diet, IV, and follow up.
- 3) You will not be able to drive or return to work for the remainder of the day.

If you have any questions concerning the colonoscopy or prep, please do not hesitate to call our office at 573-777-8820.