






CDH ENDOSCOPY CENTER

Colonoscopy Prep Instructions – Miralax Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	**ONE DAY PRIOR**	THE DAY OF PROCEDURE
<p>At PHARMACY – No prescription needed PURCHASE the following:</p> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> ✓ <u>Bisacodyl 5mg (Dulcolax laxative).</u> 4 tablets – NOT suppositories NOT stool softener ✓ <u>Miralax (polyethylene glycol)</u> 8.3 oz. (238 gm bottle) ✓ <u>64 oz. of Gatorade</u>, or any non-carbonated clear liquid. (Iced Tea, Crystal Light) Select green, yellow, or clear flavors – no purple or red. <div style="text-align: center; margin-top: 10px;">  </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents <p style="color: red; font-weight: bold;">DIABETICS: Call the physician who manages your diabetes for medication dosing instructions for day before and day of procedure.</p> <p>Confirm that you have a driver for the day of the procedure.</p> <p style="color: red; font-weight: bold;">A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork:</p> <ul style="list-style-type: none"> • Notice of Privacy Practices 	<p style="text-align: center;">NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p style="color: red; font-weight: bold;">AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p style="color: red; font-weight: bold;">DIABETICS: Follow the instructions from the physician who manages your diabetic medications.</p> <hr style="border: 0.5px solid black;"/> <div style="text-align: center; margin: 10px 0;">  </div> <p style="color: red; font-weight: bold;">12 NOON: Take 2 Dulcolax tablets. Do not crush or chew. Mix the 238 gm bottle of Miralax in 64 oz. of Gatorade or chosen clear liquid. Shake or stir the solution until Miralax is dissolved and refrigerate.</p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="color: red; font-weight: bold;">3:00 PM: Take 2 Dulcolax tablets. Do no crush or chew.</p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="color: red; font-weight: bold;">Between 4:00 and 7:00 PM: Begin drinking the solution at a rate of 8 oz. every 20-30 minutes. Drink all 8 glasses during this time.</p> <p>Continue with clear liquids until bedtime.</p>	<p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">DO NOT EAT OR DRINK ANYTHING TODAY PRIOR TO PROCEDURE.</p> <p style="color: red; font-weight: bold;">DIABETICS: Follow instructions from the physician who manages your diabetic medications.</p> <p>- If you are Insulin dependent, do not take your morning dose of insulin. - Please bring your insulin with you to procedure center. We will check your blood sugar before the procedure.</p> <p>All patients may take morning medications with sips of water.</p> <p style="color: red; font-weight: bold;">Drinking liquids after midnight will cause us to cancel or postpone your procedure. **Also no gum, hard candy, mints or tobacco products for 3 hours prior to procedure.</p> <p>If you are unsure of the quality of your colon cleansing, please call 440-953-1899.</p> <p>Date of procedure: _____</p> <p>Arrival time in Willoughby: _____</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS – No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde (regular or sugar free)
- Clear broth or bouillon – chicken, beef or vegetable
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, Italian Ice or hard candy

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal, Cream of Wheat

******Times may be altered to suit your schedule. All Miralax must be consumed by midnight. The later you start the later you will be up the night before your procedure ******

Colon Cleansing Tips

- ➡ You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- ➡ Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- ➡ Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- ➡ If you experience nausea or vomiting, rinse your mouth with water and take a break 😊 Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ➡ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ➡ Some find it easier to drink through a straw.
- ➡ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ➡ If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- ➡ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID