

Colonoscopy Prep – MiraLAX[®]

Please read packet thoroughly. If you have any questions please call (631)-289-0300 ext. 224.

An empty, clean colon is the most important part of a successful colonoscopy. If your colon is not empty, polyps and lesions can be missed; the procedure may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

Follow the steps below for a successful colonoscopy.

o Before your colonoscopy...

- Be sure to get the necessary blood work, EKG, or clearance **if you were instructed to do so.**
- If there is any chance of pregnancy, take a home pregnancy test prior to taking the prep. Call immediately if positive.
- If you have diabetes, talk to the doctor who prescribes your diabetic medications for specific instructions.

7 days before your colonoscopy

- o **Talk to your prescribing doctor (usually your primary care physician or cardiologist) if you take blood thinners. Do not stop blood thinners until you speak with them.**

Blood thinners include:

- | | |
|------------------------------------|-------------------------|
| • Aggrenox [®] | Lovenox [®] |
| • Agrylin [®] | Persantine [®] |
| • Aspirin | Plavix [®] |
| • Coumadin [®] (Warfarin) | Pradaxa [®] |
| • Effient [®] | Ticlid [®] |
| • Heparin | Xarelto [®] |
| • Brilinta | Eliquis (apixaban) |

It is okay to take Tylenol[®] if you have to.

o Arrange for a ride home

You will be drowsy after your exam and will not be allowed to drive yourself home.

Arrange for an adult, 18 years or older, to drive you home.

If you cancel your appointment less than 5 days prior to your procedure, you will be responsible for a \$100 service fee.

5 days before your colonoscopy

o Stop taking supplements

These include: iron pills, vitamin E, fiber supplements (Metamucil[®], Citrucel[®], Fiberall[®]), and herbal supplements (echinacea, ginkgo biloba, ginseng, fish oil)

o Get your bowel prep items from the drug store:

• MiraLAX[®]

- Get an 8.3 oz (238g) bottle. Available without prescription.

• Magnesium Citrate (Citrates of Magnesia)

- Get one (1) 10 oz bottle. Available without prescription.
- Choose **green** or clear color.

• Clear Liquid

- Get 64 ounces of clear liquid, such as Gatorade[®], apple juice, white grape juice, lemonade...etc. Either a 64 oz bottle, or two 32 oz bottles.
- If you are diabetic, remember to use sugar-free liquids like Crystal Light[®] and unsweetened iced tea.
- No **red, purple, blue, pink** or **orange** colors.

• Petroleum jelly (vitamin A&D ointment)

- To help with comfort during your bowel prep, you can apply some petroleum jelly or vitamin A&D ointment to your bottom or anus after each bowel movement. You can also use Vaseline[®], Desitin[®], Tucks[®], or zinc oxide.

Get MiraLAX[®] & Magnesium Citrate

Available without
prescription



4 days before your colonoscopy

o Stop eating high-fiber foods

Fibers from these foods can remain in the colon and clog the scope. High-fiber foods include:

- fresh and dried fruit canned
- fruit and vegetables nuts,
- seeds (flax, sunflower, quinoa)
- oatmeal, granola, bran
- popcorn pureed
- foods
- vegetables w/ skins and seeds (beans, corn, onions, peas, tomatoes) thick, pulpy
- fruit juices, like orange juice
- tough meat, including ribs, steak, pork
- whole grain bread, cereals, pasta
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o You can eat white rice, white mashed potatoes, yogurt, eggs, plain pasta, fish, turkey, chicken and white bread.

1 day before your colonoscopy

o Consume clear liquids. These include:

- Broth or bouillon
- Clear juices: apple, white grape, or white cranberry
- Italian ices
- Fruit-flavored drinks: Crystal Light[®]
- Hard candy
- Honey
- JELL-O[®]
- Plain coffee and tea
- Popsicles[®]
- Soda: ginger ale, cola, Sprite[®], 7-Up[®]
- Sorbet
- Sports drinks: Gatorade[®], Powerade[®] Water
- **Yellow, green, or clear** liquids only. No **red, pink, blue, orange** or **purple** colors

If your procedure is before 9 am, follow these instructions:

You will receive your time from Great South Bay Endoscopy 1 week prior

1 day before your colonoscopy

Medicines should be taken on your regular schedule unless otherwise directed.

o If your procedure is before 9 am: Start your bowel prep

9am – mix the laxative:

- Mix MiraLAX[®] 8.3 oz (238 g) bottle with 64 oz of the clear liquid of your choice.
 - Add your clear liquid and the whole bottle of MiraLAX[®] into a large mixing container. Stir until completely dissolved. Refrigerate.

6pm – drink Magnesium Citrate (Citrate of Magnesia):

- Drink the entire 10 oz bottle of green or clear Magnesium Citrate.

7pm – start drinking the laxative mixture:

- Start drinking 8 oz of the MiraLAX[®] mixture every 15 minutes until the entire container is gone (64 oz).
 - Starting at midnight, you may have nothing by mouth, including water.
- ✓ Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass.
 - ✓ **Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration.**



If your procedure is at 9 am or later, follow these instructions:

You will receive your time from Great South Bay Endoscopy 1 week prior

1 day before your colonoscopy

Medicines should be taken on your regular schedule unless otherwise directed.

- **If your procedure is at 9 am or later:** Start your bowel prep

9am – mix the laxative:

- Mix MiraLAX[®] 8.3 oz (238 g) bottle with 64 oz of your clear liquid of your choice.
 - Add clear liquid and the whole bottle of MiraLAX[®] into a large mixing container. Stir until completely dissolved. Refrigerate.



6pm – drink Magnesium Citrate (Citrate of Magnesia):

- Drink the entire 10 oz bottle of green or clear Magnesium Citrate.

7pm – start 1st dose:

- Start drinking 8 oz of the MiraLAX[®] mixture every 15 minutes until half (32 oz) of the container is gone.
- Starting at midnight, you may have nothing by mouth, including water

6am on the day of your procedure – start 2nd dose:

- Start drinking 2nd half (32 oz) of MiraLAX[®] mixture: drink 8 oz every 15 minutes until the container is empty.
 - Be sure to finish drinking all of the mixture by 7am.
 - Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass and you can mix prep with: low sugar juices (plain or diet) white grape juice, white cranberry juice, lemonade, G2 Gatorade or unsweetened iced tea.
- ✓ **Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration.**

Day of your colonoscopy

- **If your procedure is before 9 am:** Starting at midnight before your exam, it's VERY important that you don't take ANYTHING by mouth, including water.
- **If your procedure is at 9 am or later:** You can drink the remaining prep starting at 6am.
- You should take blood pressure, thyroid, and heart medications on the morning before your procedure with a sip of water.
- Arrive early for your procedure
 - Wear loose comfortable clothing
 - Leave jewelry and valuables at home
 - If your meds have changed, bring meds list with milligrams and quantity
 - Bring photo ID, insurance card
- No jewelry such as rings, earrings, necklaces, or body piercings.
- **REMEMBER: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT ALLOWABLE MEDICATIONS AND PREP IF APPLICABLE.**
- No gum, Listerine[®] strips, candy, or ice chips.

Specific Instructions: