



### MiraLAX and Bisacodyl Prep

To help determine your medical treatment, you have been scheduled for a colonoscopy, which is an examination of your large intestine using a flexible tube while you are given intravenous sedation.

To obtain the best possible exam, your colon must be free of stool. You will need to buy **MiraLAX in large bottle (8.3 ounces or 238 grams) and four (4) bisacodyl pills (laxative)**, both of which are available over the counter, along with a large 64-ounce bottle of sports drink such as Gatorade. (If you have diabetes, buy a no or low-calorie drink such as Crystal Light instead). This will be used to mix your MiraLAX in the day before your procedure. Do not use carbonated beverages.

### Absolutely NO SOLID FOODS on the day before your procedure!

On the day **BEFORE** your procedure:

1. Start clear liquids at **breakfast and continue them until midnight:**

Nothing red or orange in color is allowed! NO SOLID FOOD!!

<i>Water</i>	<i>Tea</i>	<i>Coffee (no creamer)</i>	<i>Apple Juice</i>
<i>Gatorade</i>	<i>Ginger Ale</i>	<i>Any soft drinks</i>	<i>Jell-O</i>
<i>Popsicles</i>	<i>Fruit Ice</i>	<i>Clear hard candy</i>	<i>Broth/Bouillon</i>

**Please drink plenty of fluids in addition to the prep.**

2. **At 12 pm**, take all 4 of the bisacodyl laxative pills
3. **At 12 pm**, Mix the entire bottle (8.3 oz) of MiraLAX in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
4. **At 2pm**, start drinking the MiraLAX solution, approximately 6 ounces every 15-20 minutes. Finish drinking all the liquid within 4 hours.

### NOTHING BY MOUTH AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE

It generally takes about 15-30 min for the actual procedure and 30 min for recovery afterwards. Due to the sedation you receive, **YOU WILL NEED SOMEONE TO DRIVE YOU HOME!** Your driver is required to bring you to the appointment, and to drive you home after your procedure. Please **DO NOT** use a cab service, unless prior approval has been received.

- Please notify our office promptly if you are currently taking any blood thinners, aspirin products! NSAIDS (ibuprofen, Naprosyn, arthritis medications) will have to be stopped 3-5 days prior to your procedure.
- If you take insulin, you will need to either take ½ your usual dose or hold it completely the morning of your procedure. *Please consult your primary physician if you have questions!*
- On the morning of your procedure, you may take any medications absolutely necessary or that would be unsafe for you to miss a dose, such as heart meds, blood pressure meds, anti-convulsant/seizure meds. Take medications with less than 2 ounces of water. Please hold other medications until you return home from your procedure.

On the day of your appointment, please wear 2-piece, comfortable, loose clothing and refrain from wearing jewelry, nail polish, and excessive make-up

**APPOINTMENT DATE:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_

**\*\*\*A \$150 fee is applied for any cancellations, reschedules or no shows made within 48 BUSINESS hours of appointment time \*\*\***



### FAQ Regarding your Colon Prep

#### **What are the side effects of the colonoscopy prep?**

You will have a lot of diarrhea from the bowel prep, so plan to be home, and near a toilet. Keep some magazines or a book on hand in the bathroom. Don't try to leave your house during the prep. Most people have bloating and abdominal discomfort. This is normal! Don't be alarmed if you feel these symptoms. Many people also have nausea. This is also normal! Some people don't like the taste or smell of the medicine. Please don't let this get in the way of taking the prep as directed.

#### **My bottom is sore. How can I get some relief?**

You may consider 'pre-treating' your bottom with Preparation H, Desitin, A&D Ointment or Vaseline, to lessen the irritation during the many bathroom trips you will be making. Also gently pat your bottom with soft tissue paper or an unscented baby wipe while cleaning versus wiping the area clean. You may also use a wet washcloth. Apply Preparation H, Desitin, A&D Ointment or Vaseline after each bowel movement for relief.

#### **I see yellow color in the toilet bowl and a few flecks...what should I do?**

If you completed your prep solution and your last bowel movements were clear enough to see the bottom of the toilet, you are all set for your procedure. A few flecks of material will not affect your procedure. The yellow color is bile that normally colors feces.

#### **I can't drink all the prep mix...I feel like vomiting...what should I do?**

It's important that you continue to drink the mixture if possible. Without a clean bowel, your doctor may not be able to see a clear image of your colon. Failure to consume the entire prep mixture may result in having to repeat the procedure another day. (And repeat the prep) If you are feeling nauseous or you vomit, take a 30-minute break. Try drinking ginger ale or another clear liquid to help settle your stomach. Then begin drinking the solution again. Try drinking 4-6 ounces at a time rather than the recommended 6-8 ounces. Take a slower pace. Continue to drink every 30 minutes instead of every 15 minutes. If you have a serious medical issue, please contact your physician at 252-758-8181, dial 911, or go to your nearest emergency room immediately. If you are unable to finish your prep, please call your physician's office.

#### **If my stool is watery and clear, do I still have to drink the entire prep solution?**

It is imperative that you follow all your doctor's instructions and make every effort to complete all of the prep solution. Although uncomfortable, drinking the entire solution will aid in cleaning your colon and purging all waste material for a thorough colonoscopy. Failure to complete the entire prep solution could result in a colon that is not clean enough, which increases the chances that something could be missed during your procedure. In addition, if your colon is not clear enough, you may have to repeat your colonoscopy procedure another day and repeat the preparation process.