



Carolina Digestive Diseases & ENDOSCOPY CENTER

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2 Day Prep for Colonoscopy (Miralax/Suprep)

******Please stop all NSAID products 5 days prior to procedure******

Please notify our office immediately if you take any blood thinners, such as Coumadin, Plavix, aspirin or arthritis meds

Absolutely NO SOLID FOODS starting 2 days prior to your procedure!

DAY ONE (2 days prior to your procedure): _____

⇒ You will also need to start clear liquids only starting at breakfast on this date: **(Nothing red or orange in color!)**

- | | | | | | |
|---------------------|-----------------|--|-----------------------|-----------------|--------------------------|
| <i>Water</i> | <i>Tea</i> | <i>Soft Drinks</i> | <i>Broth/Bouillon</i> | <i>Ice pops</i> | <i>Jell-O (no fruit)</i> |
| <i>Clear Juices</i> | <i>Gatorade</i> | <i>Coffee (no creamer, liquid or powder)</i> | | | |

⇒ Purchase **MiraLAX in large bottle (8.3 oz or 238 grams)** and **4 bisacodyl pills (laxative)**

Both are available without a prescription. Also, you will need a large 64-ounce bottle of sports drink such as Gatorade. (If you are diabetic, buy a no or low-calorie drink such as Crystal light instead). This will be used To mix you MiraLAX in, 2 days before your procedure. **DO NOT USE CARBONATED BEVERAGES.**

⇒ **At noon**, take all 4 of the bisacodyl tablets and mix **the ENTIRE** bottle of MiraLAX in the drink you've Purchased. 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

⇒ **At 2pm**, start drinking the MiraLAX solution, approximately 6 ounces every 15-20 minutes. Finish drinking All the liquid within 4 hours of starting.

⇒ Continue to have clear liquids the remainder of that evening and into the next day

DAY TWO (the day before your procedure): _____

You have been given a prescription for Suprep, which comes in a kit with 2 bottles and a mixing cup.

⇒ Continue clear liquids

⇒ **At 4 P.M.**, pour one of the bottles into the mixing cup and add water to the 16-ounce line on the cup. Drink All the liquid in the cup. You must drink TWO more 16-ounce cups of water over the next hour.

⇒ **At 8 P.M.**, you will repeat the same steps as done at 4p, with the second bottle in the kit.

*******NOTHING BY MOUTH AFTER MIDNIGHT!*******

ON THE MORNING OF THE EXAM:

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

→ You may take medicine for blood pressure, heart or seizures with a SMALL sip of water (less than 2 ounces), but hold all other meds until after your procedure

→ If you take insulin, you will need to either take ½ your usual dose or hold it the morning of your procedure.

Please consult your primary physician if you have any questions!

→ You will need someone with you to drive you home!

Appointment Date: _____ Arrival Time: _____

Your procedure is scheduled to begin between _____

*****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.