

# Colonoscopy Preparation

## Miralax/Gatorade Prep

### SPLIT DOSE PREP

It is important for your colon to be completely clean for your doctor to do a thorough exam. Following the instructions will insure that you are well prepared.

If you are unable to follow the instructions and **you are NOT well prepped**, your colonoscopy will be **CANCELLED**.

### Key Points

- A **designated driver** must come with you and remain in the endoscopy area until you are discharged following your procedure.
- **If you are on blood thinners, it is important for us to get approval well in advance from your provider that it is OK to temporarily discontinue** it for your safety. Blood thinners can be a risk for bleeding if biopsies are taken or polyps are removed during your procedure.
- **Coumadin, Plavix, Aggrenox, Brilanta,** and **Effient** need to be discontinued **5 days** before the procedure with your physician's approval.
- **Pradaxa, Eliquis,** and **Xarelto** need to be discontinued **24 hours** before the procedure day, with your physician's approval.

So it's important that we hear from your physician in advance to avoid **cancellation**.

#### • **Cardiac Devices**

Please notify our office if you have a cardiac **pacemaker, defibrillator or artificial heart valve**.

### 5 Days Before the Procedure

- Discontinue fiber supplements.
- Discontinue any iron containing medications.
- Discontinue blood thinners as ordered.
- You can take baby aspirin (81mg) but not full dose aspirin (325mg).

### 2 Days Before the Procedure

- Stop eating high fiber foods such as seeds, beans, popcorn, nuts, and fruits.
- Purchase the following over the counter items from the pharmacy:
  1. **Dulcolax (Bisacodyl) - 5mg tablets**
  2. **Miralax - (8.3 oz) one bottle**
  3. **Gatorade/Powerade - (32 oz) two bottles (any color but red)**
  4. **Magnesium Citrate -(10 oz) one bottle**
  5. **Gas-X or Mylanta Gas**

### The Day Before the Procedure

For your bowel to be properly cleansed, **you need to stay on clear liquids the entire day**. Plan on drinking liquids throughout the day. Clear liquids you can drink include:

- Water, apple juice, carbonated beverages such as Coke, Pepsi or Sprite, coffee or tea (without milk), Gatorade or Powerade, popsicles, jello, chicken broth. Hard candy is also permitted. No dairy products or drinks with red coloring are permitted.
- Split the Miralax powder evenly between the Gatorade bottles and refrigerate.

### Step 1.

- At **4 PM**, take the 4 Dulcolax tablets.

### Step 2.

- At **6 PM**, drink the first bottle of the Gatorade/Miralax. You should try to drink one glass every 15 minutes until you have completed the bottle. You can continue clear liquids the rest of the evening.
- Sometimes nausea can occur. If so, take a break for 30 minutes. Sometimes sucking on some hard candy or brushing your teeth will help.
- At times some cramping may occur as the preparation works its way through your system. This should resolve over several hours. You can try Gas-X or Mylanta Gas.
- Anal irritation can be an issue. You can use baby wipes, Vaseline or Desitin or hemorrhoidal cream for discomfort.

## The Day of Procedure

### 5 hours before the time of your scheduled procedure:

- **Drink the second bottle of Miralax/ Gatorade.**
- Your goal should be to complete the second dose **4 hours** before your scheduled procedure.
- After completing the prep, your stools should have be clear yellow and watery.
- **If stools are not clear**, you should then drink the entire 10 ounce bottle of Magnesium Citrate within 30 minutes and completed 3 hours before the procedure. If you are not still not well prepped, contact the facility for further

instructions. **You must have nothing by mouth 3 hours before your scheduled procedure.**

## Medication Instructions

- You can take your usual medications with a sip of water **2 hours** before your scheduled procedure.
- Postpone insulin injections until **after** your procedure is completed.
- Bring a list of your medications if you were unable to talk with the staff before the procedure.

## Contact Information

If you are unable to keep your appointment or have questions about the instructions, call the facility where your procedure is being performed.

- **Nashville Endosurgery Center**  
300 20th Ave S, 8th floor  
Nashville, Tennessee 37203  
**615-284-1335**  
**615-649-9940** (after 5 PM)
- **Lebanon Endoscopy Center**  
100 Physicians Way, Suite 340  
Lebanon, Tennessee 37090  
**615-466-9532**  
**615-547-2334** (after 5 PM)
- **Saint Thomas Midtown Hospital**  
2000 Church Street  
Endoscopy Center 8th Floor  
Nashville, Tennessee 37203  
**615-284-5291**  
**615-284-1400** (after 5 PM)