

Digestive Disease Associates, LTD

Colonoscopy Bowel Prep Instructions

Miralax/Dulcolax and Gatorade Appointment Prep

Please read the following rules very carefully prior to your procedure:

- If you are scheduled at Berks Center for Digestive Health, you **MUST** notify the Anesthesia Department at 610-288-3235 if there are any changes to your medical history, including specialist visits and hospital or emergency room visits and/or prescription medication since your office visit or your phone assessment with the nurse.
- You will be on a **CLEAR LIQUID DIET** (see instructions) until 4 hours before the report time.
- You must have **NOTHING** by mouth starting 4 hours before your report time.
- If you are on insulin, you need to talk to the provider that monitors you glucose levels for instruction on regulating the medication prior to your procedure. If you are on oral diabetic medications, take your medicine in the morning on **PREP DAY** but **NOT** in the evening on prep day or on **EXAM DAY**.
- If you are on **BLOOD THINNERS**, follow the instructions that were given at the time of your office visit or during your phone assessment. If your doctor does not allow you to temporarily stop blood thinning medications notify our doctors immediately so they can decide how to proceed.
- There is no need to stop aspirin or NSAIDS (Motrin, etc) as you may have been told in the past.
- You are **REQUIRED TO HAVE A RESPONSIBLE PARTY** over the age of 18 come with you and remain in the facility until you are discharged.
- You **MAY NOT** use public transportation unaccompanied.
- You **CANNOT** drive a vehicle for the remainder of the day after having your procedure.

NOTE: We reserve the right to cancel your procedure if the instructions are not followed

If you have any questions or you are unable to complete most of the prep given or have not moved your bowels by 2 hours prior to the procedure, please call the office **IMMEDIATELY** at 610-374-4401 or **after 4:45PM** at 610-607-1729 to speak with the on-call physician.

Special Note: If you have an advance directive (Living Will) please bring it with you the day of your procedure.

Date of Procedure: _____

Time of Procedure: _____

Report Time: _____

Place of Procedure: _____

HOW TO PREPARE FOR YOUR COLONOSCOPY:

The key to success with your prep is to perceive the prep process beginning at the very start of the day prior to your scheduled colonoscopy.

A clear liquid diet is important because

1. Liquids with calories combat hunger all day, the more liquids you consume from the approved list, the less likely you will feel the symptoms of starvation later in the evening.
2. Liquids combat dehydration and symptoms of it such as headache, dizziness, lethargy, fatigue, constipation, irritability and racing heart
3. Liquids are liquefying to your stools and help with accelerating your response to the prep and ensuring a complete and perfect cleanout.

Five (5) days before your colonoscopy:

- Do not take medications that contain fiber, including fiber supplements (Ex: Metamucil, Citracal, etc) and vitamins
- Do not take medications or vitamins that contain iron
- Avoid nuts, popcorn (as well as regular corn), fruits, and seeds
- Purchase the following items at our office or your local pharmacy: **(This is your bowel prep)**
 - **Bisacodyl (Dulcolax) laxative 5 mg tablets**
 - **96oz "G2" Gatorade or other drink flavoring of your choosing (NO RED OR PURPLE)**
 - **2 (two) 8.3oz bottle of Miralax or Generic Polyethylene Glycol**

One (1) day before your colonoscopy: (PREP DAY)

- We allow a low residue breakfast on the day **BEFORE** your procedure. It is important you limit your breakfast to the foods included below. **NO SUBSTITUTIONS.**

No more than:

- **2 eggs or 1 ounce of cheese**
- **1/2 cup of milk**
- **2 slices of white bread or toast**
- **1 tsp. butter**
- After breakfast you **MUST** maintain a **CLEAR LIQUID** diet until after your procedure. Drink as many clear liquids as you want on PREP DAY. In fact drink large amounts of clear liquids to avoid dehydration and to make the laxatives work better.
- Try to consume as many liquid things with calories before 6 pm on the day you start drinking the laxative prep.

Approved Clear liquids include:

1. **Water, apple juice, or white grape juice**
2. **Clear broth**
3. **Soft drinks: soda, Gatorade, non-pulp lemonade, Kool-aid**
4. **Hot or iced tea or coffee-no cream, milk or powdered creamer**
5. **Jell-O**
6. **Popsicles (without fruit), sorbet, Italian ice**

****Do not drink alcohol**

****No red or purple products, orange is OK.**

- You may **NOT** have hard candy, lifesavers, mints or gum after 12 midnight.

- The timing of the next steps can vary for your convenience. You can begin as early as 2 pm or as late as 4 pm. An early start decreases the number of overnight bathroom sleep disruptions. Plan on being at home during your prep.

AT 3 PM: START PREP!

- Take 2 of the 5 mg Bisacodyl tablets
- Mix 1 8.3oz bottle of Miralax powder with the 64oz "G2" Gatorade or drink of your choice

AT 4-6 PM: BEGIN DRINKING MIRALAX (POLYETHYLENE GLYCOL)

- Drink one 8oz glass of the Miralax/"G2" Gatorade mixture. Repeat every 15-20 minutes until you have finished the entire 64 ounces of Miralax/"G2" Gatorade. Drinking through a straw may be helpful. If you get nauseous from too much liquid in your stomach, take a 30 minute break and resume drinking at 30 minute intervals.

AT 9 PM: TAKE TABLETS

- Take 2 of the 5 mg Bisacodyl tablets after completing the Miralax drink.
- **CHECK YOUR ARRIVAL TIME**

Day of Colonoscopy: (EXAM day)

5 HOURS PRIOR TO YOUR ARRIVAL TIME

- Mix one half of the second 8.3 oz bottle of Miralax powder with the 32 ounces of Gatorade or the drink of your choice. Drink one 8oz glass of the mixture. Repeat every 10-15 minutes until you have finished the entire 32 ounces of the Miralax/Gatorade. Drinking through a straw may be helpful.
- **You MAY take your morning medications on arising with SIPS of water, especially blood pressure, seizure and heart medicines, but NO DIABETIC MEDICATIONS.**
- **NOTHING BY MOUTH WITHIN 4 HOURS OF YOUR REPORT TIME.**