

Care Gram

Colonoscopy 1 Day Miralax[®] Prep

Bowel Preparation

Buy the following items at the store:

- 1 (238 gram) bottle of Miralax[®] (can be purchased over-the-counter or with a prescription)
- 2 Dulcolax[®] tablets (5 mg tablets, purchase over-the-counter)
- 64 ounce bottle of Gatorade[®] (yellow, clear or green)
NOTE: If you are diabetic, replace Gatorade with Crystal Light[®] lemonade.
- A supply of clear liquids from the list on page 2

One Week Before Your Test

- Stop taking all arthritis medications, including:
 - Celecoxib
 - Diclofenac-Misoprostol
 - Diclofenac potassium
 - Diclofenac sodium
 - Etodolac
 - Fenoprofen calcium
 - Flurbiprofen
 - Lansoprazole-naproxen
 - Ibuprofen
 - Ibuprofen lysine
 - Indomethacin
 - Indomethacin sodium
 - Ketoprofen
 - Ketorolac tromethamine
 - Meclofenamate sodium
 - Mefenamic acid
 - Meloxicam
 - Nabumetone
 - Naproxen
 - Naproxen-liniment
 - Naproxen sodium
 - Oxaprozin
 - Phenylbutazone
 - Piroxicam
 - Rofecoxib
 - Sulindac
 - Tolmetin sodium
 - Valdecoxib
- Do not take:
 - Metamucil[®]
 - Fiber supplements
 - Fish oil supplements
 - Iron supplements
- Do not eat high-fiber foods, such as whole grains, beans, nuts, seeds, fruits and vegetables.
- If you take antibiotics before surgery or dental work, ask your doctor if you should take antibiotics before this test.
- Check with your doctor if you have had recent hip or joint replacement, heart valve surgery, history of endocarditis, congenital abnormalities of heart valves, ventricle septal defects, or atrial septal defects.

Notify your doctor if you are taking any of the following medication. Adjustments in your dose may be needed:

- Coumadin[®], Xarelto[®], Pradaxa[®], Eliquis[®], Plavix[®], Brilinta[®], or any other blood-thinning medication
- Any medication for diabetes



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • www.LMHealth.org

1616-0877
07/26/2018
Page 1 of 3

The Day Before Your Test

- Begin your bowel prep. Follow the instructions as stated below.
- Do not consume any solid food, milk or milk products on the day before your test. Eat or drink ONLY the clear liquids from the list below for the entire day before your test.
- Closely follow the directions as stated below so that you are ready for your colonoscopy. Failure to follow these instructions may result in a poor bowel prep and require that your test be repeated at a different date and time.
- Drink lots of liquids during your bowel prep from the list below.

Breakfast

- Drink only clear liquids from the list below.

Lunch

- Drink only clear liquids from the list below.

3:00 p.m.

- Take 2 Dulcolax tablets and drink 2 glasses of water or clear liquids from the list below – these may take some time to start working.

4:00 p.m.

- Begin drinking your bottle of Miralax that has been mixed in 64 ounces of Gatorade.
- Drink an 8 ounce glass every 15-20 minutes until you finish the entire 64 ounces.
- If you need a break from drinking the prep, stop drinking for 30-60 minutes.

Dinner

- Drink only clear liquids from the list below.

7:00 p.m.

- Try to have the entire 64 ounces completed or if you are not completed by this time, keep drinking until you are done.
- Follow the prep with a glass of water.

Clear Liquids/Juices That Are Allowed:

- | | | |
|------------------------------|--------------------------------|-------------------------------|
| • Water | • White grape juice | • Bouillon (chicken) |
| • Apple juice | • Yellow or green Jell-O® | • Sugar substitutes |
| • Clear carbonated beverages | • Tea | • Popsicles (yellow or green) |
| • Sugar | • Hard candy (yellow or green) | • Gumdrops (yellow or green) |
| | • Salt | • Honey |

AVOID all red, purple, orange, and blue products because they discolor the lining of the bowel.

Midnight

- **Do not eat or drink anything after midnight, including no gum, candies, lozenges or mints.**
- Do not take any nerve medications or sleeping pills.
- If you need to take any medications, drink no more than 4 ounces of water with them.

The Day of Your Test

- If you take heart or blood pressure medicine, take such on the morning of your test with a sip of water, at least 2 hours before your scheduled arrival time. **Do not eat or drink anything else on the day of your test until after your test has been completed, including no gum, candies, lozenges or mints.**
- Bring eyeglasses if you need them to read. You will be asked to sign a consent form.
- Please leave valuables at home (i.e., money, credit cards, and checkbooks). The GI Endoscopy Lab cannot be responsible for any lost or misplaced items.
- **Bring a support person with you to the Hospital. This person will need to stay during your test and drive you home from the Hospital after your test is complete. The sedation that you receive during your test will make you sleepy. You will not be allowed to drive yourself home or return home by taxi. By law, driving after sedation could be viewed the same as driving under the influence. Sedation also makes it hard for you to remember your discharge instructions. Your support person ensures your safety by listening to your discharge instructions with you and then driving you home.**
- Have a mature adult stay at home with you for the first 24 hours after the procedure. This person can also contact the doctor or Hospital if you have any problems.
- If you do not have a relative or friend that can stay with you at home, an LMH social worker can refer you to home healthcare agencies in your area. The social worker is available Monday through Friday from 7:00 a.m. to 4:00 p.m. at (220) 564-4794.
- Your procedure time may change due to emergencies or other patient procedures that are taking extra time. We make every effort to keep you informed of any changes. If you feel that your wait time for the procedure is too long, please ask the staff to check for you.

What to Expect During Your Bowel Prep

- Expect to use the bathroom at least 10-15 times. Your stool should be clear, lemonade-like, not sludgy or brown and it does not have to be clear in color since digestive juices will continue to tint the stool yellow. Small flecks of debris are not a problem as long as the stool is not muddy or thick.
- You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the diarrhea begins. It typically takes about an hour to begin to notice the diarrhea affect.
- Some people may develop nausea or vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move through your GI tract and then start drinking again at a slower rate.
- It usually takes about 2 hours to complete half of the entire container. Diarrhea generally continues for about an hour or two after completing this prep.
- Many have found that drinking Miralax through a straw and chilling the solution improve your tolerance.