



INSTRUCTIONS FOR COLONOSCOPY PREP

Miralax with Gatorade/PowerAde

*****You will need to purchase all of the following over the counter items:**

Miralax 238 gram (8.3 OZ) bottle over the counter, 2 (two) 32oz bottles of Gatorade or PowerAde (any flavor that is NOT red or purple) and Dulcolax laxative tablets 5mg (total of 40mg)***

Colonoscopy: The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 minutes but may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

Consult your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin/Jantoven/warfarin: Stop it five (5) days before your colonoscopy **if approved by your physician prescribing this medication.**

Do not take this medication on the day of your procedure. Ask your physician when to resume this medication

Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis; Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

Brilinta: Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

Xarelto/Savaysa: Stop 48 hours before colonoscopy- **only if approved by prescribing physician**

Iron pills: Stop for seven (7) days before colonoscopy

Dialysis Treatment: Alternate treatment may be used.

****Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

****Blood Pressure/Heart Medication:** Please take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

Insulin: You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. **Ask your physician when to resume your insulin.**

Inhalers: Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

Heart Valve Replacement/ Pacemaker with Internal Defibrillator

TWO DAYS BEFORE COLONOSCOPY

No tomatoes or corn 2 days prior to procedure

At 4:00PM TAKE DULCOLAX LAXATIVE TABLETS 20mg with a full glass of water

ONE DAY BEFORE COLONOSCOPY

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. CLEAR LIQUIDS DIET ALL DAY – **no milk or milk products**

At 4 PM Take Dulcolax laxative – 4 tablets (20mg) with a full glass of water.

At 6 PM mix 7 CAPFULS of Miralax in 1 (one) 32oz bottle of Gatorade or PowerAde (no red or purple) and drink the mixture.

At 9 PM mix 7 CAPFULS of Miralax in 1 (one) 32oz bottle of Gatorade or Powerade (no red or purple) and drink the mixture.

CLEAR LIQUIDS

Water

Strained fruit juices without pulp

Broth or Bouillon

Jello – any flavor – no red jello

Clear sodas – 7up, Sprite, Ginger Ale, etc.

Popsicles – no red or purple

Coffee or Tea without creamer

Ensure and Ensure plus (vanilla only)

No red or purple liquids

DAY OF COLONOSCOPY

1. Nothing by mouth after midnight except approved medications listed above with a sip of water. You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**

2. You will be medicated and you need to bring someone with you to drive you home.

3. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785.354.1254

2200 SW 6th Avenue, Suite 103

Topeka, KS 66606

Check-in Date: _____

Check-in Time: _____

KMC Gastroenterology, 785-354-8518

If you are unable to keep your appointment, please notify the office within 48 hours prior to your scheduled procedure.