

## Colonoscopy Preparation

### MiraLAX/ Gatorade prep

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_ Doctor: \_\_\_\_\_

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** will prepared, your colonoscopy will be **CANCELLED**.

- A responsible adult must come with you **and remain in the endoscopy area until you are discharged following your procedure. You will not be able to drive.**
- If you are on blood thinner, 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 increase the risk for bleeding if biopsies are taken or polyps are removed during your procedure. **Please continue your blood thinner until you receive a call from the office with the doctor's recommendation about when to discontinue it.**
- Please notify our office if you have a **pacemaker, defibrillator** or **artificial heart valve**.
  - Coumadin, Plavix, Effient, Aggrenox and Brilinta need to be **discontinued 5 days before** the procedure with your physician's approval.
  - Xarelto, Eliquis and Pradoxo need to be **discontinued 24 hours before** the procedure with your physician's approval.

### Purchase the following over the counter items from the pharmacy:

- **4 Dulcolax LAXATIVE tablets** (not stool softener) 5mg tablets
- **MiraLAX**- one 8.3 oz bottle
- **Gatorade/Powerade**- (32 oz) two bottles, any color but red. May substitute for any non-carbonated liquid.
- **Magnesium Citrate**- one 10 oz bottle

### 5 Days Before the Procedure

- Discontinue fiber supplements
- Discontinue any iron containing medications
- 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.

### The Day Before the Procedure

- For your bowel to be properly cleansed, you need to stay on clear liquids the entire 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. Jell-O popsicles chicken broth. No dairy products or drinks with red coloring are permitted.
- Split the MiraLAX powder evenly between the Gatorade bottles and refrigerate.
- At 4pm, take the 4 Dulcolax tablets
- At 6pm, 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.

### **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 prior to your procedure time.  
**Finish by \_\_\_\_\_ or the night before.**
- After completing the prep, your stools should be clear yellow and watery.  
If your stools are not clear, you should then drink the entire 10 oz bottle of Magnesium Citrate within 30 minutes and completed 3 hours prior to your procedure, If you are still not well prepped, contact the facility for further instructions. You must have nothing by mouth 3 hours prior to your procedure.
- **NO GUM OR TOBACCO PRODUCTS ON THE DAY OF YOUR PROCEDURE!**

### **Medication Instructions**

- You can take your usual medications with a sip of water 2 hours before your procedure
- Postpone insulin injections until after your procedure is completed.
- Diabetic oral medication should be held the night before and the morning of your procedure
- Bring a list of your medications if you were unable to talk with the staff before the procedure
- If you are unable to keep your appointment or have questions about the instructions, please contact the facility where your procedure is scheduled to be performed.

### **Contact Information:**

#### **Nashville Endoscopy Center**

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Nashville TN, 37203  
615-284-1335 or 615-649-9940

#### **Lebanon Endoscopy Center**

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