

Colonoscopy Prep – MiraLAX[®] (Split-Dose)

The following instructions are to be used in conjunction with the 22otters colonoscopy prep app. If you haven't already downloaded the app, please do so now at: www.22otters.com

An empty colon is the most important part of a successful colonoscopy. If your colon is not empty, polyps and lesions can be missed; the procedure may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

Follow the steps below for a successful colonoscopy.

o Before your colonoscopy...

- Patients over 50 years of age must have an EKG within 6 months prior to procedure.
- Be sure to get the necessary blood work or clearance if you were instructed to do so.
- Female patients under 55 years of age must have a pregnancy test within 6 days of procedure.
- If there is any chance of pregnancy, take a home pregnancy test prior to taking the prep. Call immediately if positive.
- If you have diabetes, talk to your prescribing doctor for specific instructions for your diabetes medications.

7 days before your colonoscopy

o Talk to your doctor if you take blood thinners

Ask your prescribing doctor for specific instructions if you take blood thinners. Blood thinners include:

- Aggrenox[®]
- Agrylin[®]
- Aspirin
- Coumadin[®] (Warfarin)
- Effient[®]
- Heparin
- Lovenox[®]
- Persantine[®]
- Plavix[®]
- Pradaxa[®]
- Ticlid[®]
- Xarelto[®]

o Arrange for a ride home

You will be drowsy after your exam and will not be allowed to drive yourself home. Arrange for an adult, 18 years or older, to drive you home.

If you cancel your appointment less than 5 days prior to your procedure, you will be responsible for a \$100 service fee.

5 days before your colonoscopy

○ Stop taking supplements

These include: iron pills, vitamin E, fiber supplements (Metamucil[®], Citrucel[®], Fiberall[®]), and herbal supplements (echinacea, ginkgo biloba, ginseng, fish oil)

○ Get your bowel prep items from the drug store:

- **MiraLAX[®]**
 - Get an 8.3 oz bottle. Available without prescription.
- **Magnesium Citrate** (Citrate of Magnesia)
 - Get one (1) 10 oz bottle. Available without prescription.
 - Choose **green** color.
- **Clear Liquid**
 - Get 64 ounces of clear liquid, such as Gatorade[®], apple juice, white grape juice, lemonade...etc. Either a 64 oz bottle, or two 32 oz bottles.
 - If you are diabetic, remember to use sugar-free liquids like Crystal Light[®] and unsweetened iced tea.
 - No **red** or **purple** colors.
- **Petroleum jelly (vitamin A&D ointment)**
 - To help with comfort during your bowel prep, you can apply some petroleum jelly or vitamin A&D ointment to your bottom or anus after each bowel movement. You can also use Vaseline[®], Destin[®], Tucks[®], or zinc oxide.

Get MiraLAX[®] & Magnesium Citrate

Available without
prescription



4 days before your colonoscopy

○ Stop eating high-fiber foods

Fibers from these foods can remain in the colon and clog the scope. High-fiber foods include:

- | | |
|---|---|
| ● fresh and dried fruit | ● raw vegetables w/ skins and seeds (beans, corn, onions, peas, tomatoes) |
| ● nuts, seeds (flax, sunflower, quinoa) | ● thick, pulpy fruit juices |
| ● oatmeal, granola, bran | ● tough meat |
| ● popcorn | ● whole grain bread, cereals, pasta |
| ● pureed foods | |

1 day before your colonoscopy

○ Stop eating solid food, milk and dairy products

○ No alcohol

○ **Consume clear liquids.** These include:

- Broth or bouillon
- Clear juices: apple, white grape, or white cranberry
- Italian ices
- Fruit-flavored drinks: Crystal Light[®]
- Hard candy
- Honey
- JELL-O[®]
- Plain coffee and tea
- Popsicles[®]
- Soda: ginger ale, cola, Sprite[®], 7-Up[®]
- Sorbet
- Sports drinks: Gatorade[®], Powerade[®]
- Water

No **red**, **blue**, **orange**, or **purple** colors.

Medicines should be taken on your regular schedule unless otherwise directed.

○ **Start your bowel prep**

9am – mix the laxative:

- Mix MiraLAX[®] 8.3 oz (238 g) bottle with 64 oz of your clear liquid of your choice.
 - Add clear liquid and the whole bottle of MiraLAX[®] into a large mixing container. Stir until completely dissolved. Refrigerate.

3pm – drink Magnesium Citrate (Citrato de Magnesia):

- Drink the entire 10 oz bottle of green Magnesium Citrate.

4pm – start 1st dose:

- Start drinking 8 oz of the MiraLAX[®] mixture every 15 minutes until half (32 oz) of the container is gone.
- Starting at midnight, you may have nothing by mouth, including water

6am – start 2nd dose:

- Start drinking 2nd half (32 oz) of MiraLAX[®] mixture: drink 8 oz every 15 minutes until the container is empty.
- Be sure to finish drinking all of the mixture by 7am.

- ✓ Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass.
- ✓ Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration.



Day of your colonoscopy

- Starting at midnight before your exam, it's VERY important that you don't take ANYTHING by mouth, including water.
- You should take blood pressure, thyroid, and heart medications on the morning before your procedure with a sip of water.
- Arrive early for your procedure
 - Wear loose comfortable clothing
 - Leave jewelry and valuables at home
 - If your meds have changed, bring meds list with milligrams and quantity
 - Bring photo ID, insurance card

After your colonoscopy

- Rest remainder of the day
- Do not:
 - Drive until day after
 - Return to work
 - Make important decisions (signing legal papers)

Call your doctor if you experience:

- Fever/chills
- Nausea/vomiting
- Severe abdominal pain
- Rectal Bleeding

Specific Instructions:

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