

# Colonoscopy

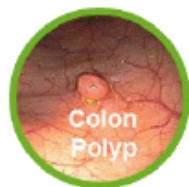
## Basic Facts and How to Prepare MiraLAX Bowel Prep

### Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States.

If you are 50 or older or have a family history of cancer, getting a colorectal screening can save your life. Here is how...

- Colorectal Cancer often starts from a non-cancerous growth called a polyp that is in the rectum or colon.
- A colonoscopy can find polyps so that they can be removed before they turn into cancer.
- A colonoscopy can also find colorectal cancer early when the chances of being cured is good.



### What to Bring to Your Exam

- Completed health history form
- An adult (18 years or older) to drive you home. You cannot take a cab, medical transport or bus unless someone is riding with you after your visit
- Insurance card
- All medications you are taking even over the counter medications, vitamins and supplements

### Preparing for Your Exam

The colon must be cleared of all solid matter so that the doctor can see clearly.

**If your colon is not clean your exam may be cancelled.**

You will need to purchase medications for your Bowel Prep at your local pharmacy. (See list at the top of page 2.)



### Medications

Call your doctor for medication instructions at least **one week before** your exam if you:

- Take Diabetes Medication
- Have a heart valve replacement
- Take Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications

**Arrive to your exam 1 hour before the appointment time**

## 5 Days Before Exam

- Review Bowel Prep instructions
- Buy an 8.3oz bottle of MiraLAX (238 grams), Glycolax or PEG 3350 (generic)
- Buy 64 ounces of Gatorade or other sports drink (not red or purple color)
- Buy Bisacodyl 5mg (Dulcolax laxative tablets)

## 3 Days Before Exam

- Start a Low Residue Diet (see instruction sheet)
- **Stop** iron and fiber supplements
- Plan your ride home

## 2 Days Before Exam

- Stay on your Low Residue Diet

## The Day Before Exam

### Begin Clear Liquid Diet in the Morning

- Drink 8 glasses of water or clear liquids during the entire day.



- **Do not** have any solid food.
- **Do not** have any red or purple liquids.
- You can drink clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can also have hard candy.

YES



NO



**2 Hours Before Exam: Do Not Eat or Drink Anything.**  
Your exam may be cancelled if you eat or drink anything.

## The Day Before Exam

### At 12 Noon:

- Take 2 Bisacodyl tablets (Dulcolax laxative)
- In a large pitcher mix the entire bottle of MiraLAX with the Gatorade. Cover and refrigerate.

### At 6pm:

- Drink 1 cup (8 ounces) of the MiraLAX mixture every 15 minutes until half of the pitcher is finished.
- Cover and refrigerate the other half of the MiraLAX mixture. You will drink this tomorrow morning.
- If you throw up, wait 30 minutes and begin drinking  $\frac{3}{4}$  of a cup (6 ounces) every 15 minutes until half of the mixture is finished.

## 4 to 6 Hours Before Exam

- Take your doctor approved medication.
- It is okay to take aspirin, blood pressure medication, prednisone or other steroids.
- **Drink the rest of the MiraLAX mixture (half bottle). Drink 1 cup (8 ounces) every 10 minutes until the pitcher is finished. Finish the mixture within 2 hours after you start drinking it.**
- Do not skip this step. It is important to get the cleanest colon for a successful exam.
- **Continue clear liquid diet until 2 hours before your appointment time.**
- You may have to wake up very early if your exam is in the morning.
- Your stool should be a clear yellow liquid.