

# D I G E S T I V E   H E A L T H   C L I N I C , L L C

## I D A H O   E N D O S C O P Y   C E N T E R , L L C

### COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS

#### Miralax/Dulcolax Split Dose

Please visit our website at [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) to view an educational video about this procedure. Read these instructions carefully. If instructions are not followed, your physician may be unable to complete your procedure. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday at (208) 489-1887. For any after-hour concerns you can leave a message with our answering service and we will return your call as soon as possible.

#### TO PREPARE PURCHASE AT YOUR PHARMACY:

- 238 gram bottle of **Miralax** powder
- 2 **Dulcolax (bisacodyl)** 5mg tablets
- You will also need 64 oz. of Gatorade, Gatorade 2, Crystal Light, water or any clear liquid of your choice to mix with the **Miralax**. **Do not use liquids that have red or purple dyes.**

#### Contact our office if:

- You are on COUMADIN OR OTHER BLOOD THINNERS so that we can determine if or when you need to stop these medications prior to the procedure.
- You are DIABETIC AND ARE ON INSULIN for specific instructions.
- You have questions about which medications you should and should not take.

#### THREE DAYS PRIOR TO YOUR PROCEDURE:

- Stop all vitamins, minerals, or herbal supplements now.
- Begin a low fiber diet and stop all fiber supplements such as Metamucil, Citrucel and Benefiber.
- SUGGESTIONS FOR LOW FIBER DIET MAY INCLUDE: Coffee, cream, milk, hot chocolate, cheese, cottage cheese, yogurt and sour cream. Breads and grains made from white flour. Rolls, bagels, muffins, crackers, pasta, Cream of Wheat (no oatmeal or grits). Beef, chicken, fish, lamb, pork, smooth peanut butter and eggs. Canned or cooked fruits and vegetables including pears, peaches, carrots, mushrooms, green beans and potatoes without the skin. Do not eat raw fruits, raw vegetables, nuts or seeds.

#### THE DAY BEFORE YOUR PROCEDURE:

- For breakfast, you may have a full liquid meal and as many clear liquids as you can tolerate.
- SUGGESTIONS FOR A FULL LIQUID MEAL MAY INCLUDE: Cream of Wheat (no oatmeal or grits), strained creamed soups (no pieces or chunks of vegetables or meats), flavored yogurt (without pieces of fruit), milkshakes and Ensure nutrition shakes.
- After breakfast, you should only consume clear liquids until your procedure is complete.
- SUGGESTIONS FOR CLEAR LIQUIDS MAY INCLUDE: Water, chicken broth, beef broth or vegetable broth, juice such as white grape, apple and lemonade without pulp. Sodas - diet and regular, Gatorade or other sports drinks, tea, coffee (black), Jell-O, popsicles and Clear Ensure. **NO RED OR PURPLE DYES.**
- **3:00 pm:** Take 2 **Dulcolax (bisacodyl)** 5mg tablets and continue to drink clear liquids to stay hydrated.
- **5:00 pm:** Mix the 238 gram bottle of **Miralax** in 64 oz. of Gatorade, Gatorade 2, Crystal Light, water or any clear liquid of your choice and shake until the **Miralax** dissolves.
- Drink one glass (8 oz.) every 10-15 minutes until **half (32 oz.)** of the solution is gone. This will induce stools.
- **If you experience nausea and vomiting, slow down or take a break from drinking the solution.** Using a straw and/or sucking on hard candy may help you drink the solution.
- Stay well hydrated and continue to drink clear liquids all evening.

#### ON THE DAY OF THE PROCEDURE:

- **6 hours before your procedure time**, shake the remaining **half (32 oz.)** of the solution and drink one glass (8 oz.) every 10-15 minutes until the solution is gone. (For example, if your procedure time is at 10:00 am, you should start at 4:00 am. If it is at 1:00 pm, you should start at 7:00 am).
- You must finish drinking the remaining half of the **Miralax** solution at least 4 hours before your procedure.
- **To ensure the success of your procedure you must finish drinking the entire solution.**
- DO NOT EAT ANY FOOD ONCE YOU HAVE FINISHED YOUR PREPARATION.
- You can continue to drink clear liquids until 4 hours prior to your procedure.
- Unless directed otherwise you may take your regularly scheduled medications (except vitamins, minerals, and herbal supplements).
- **DO NOT TAKE ANYTHING BY MOUTH FOR 4 HOURS PRIOR TO YOUR PROCEDURE.**
- Please bring a list of your current medications with you to the procedure.
- Anyone visiting the facility (patient or driver, etc.) should not wear fragrances such as perfume, cologne, scented lotions or oils as they may cause others to have an allergic reaction.

#### NO DRIVING AFTER THE PROCEDURE:

Sedation is used with most of these procedures and will require that you have a responsible adult accompany you to the appointment, even if you take a taxi. This person will need to wait in the waiting room during the procedure. listen to your aftercare instructions, and drive you home after the procedure. Please be advised that your procedure will be delayed until your driver can be present.

## FREQUENTLY ASKED QUESTIONS

### **What will happen if I eat or drink something right before (or a few hours before) my procedure?**

Your procedure may be cancelled. It is dangerous to receive sedation if you have had something to eat or drink prior to your procedure. Our first concern is for your health and safety. You will be given sedatives to help you relax during your procedure. These medications affect your body's ability to hold food and liquid in your stomach. If you eat or drink several hours before your procedure, there is a risk that food or liquid will travel up into your esophagus, where you could breathe it into your lungs. Your procedure will be rescheduled if you do not follow the instructions provided by our office. You must be fasting (no food or drink) for four (4) hours prior to your procedure. You will not be able to consume any candy or gum during this time.

### **What if I start vomiting while drinking the colonoscopy preparation solution?**

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes and then resume drinking the preparation. Go slower and drink one 8 oz. glass every 30 minutes instead of every 10-15 minutes. If you are not able to consume the entire preparation, please call our office at (208) 489-1900 to speak to a member of our medical staff.

### **How do I know when my bowel preparation is complete?**

Your stool output should look similar to the liquids that you are drinking; clear or yellow liquid without any stool particles.

### **I finished my colonoscopy preparation and I am not sure my preparation worked. What should I do?**

It is normal to pass clear or yellow colored liquid from your rectum after the bowel preparation. However, if you have completed the entire preparation and are still passing formed stool, your procedure may need to be rescheduled. Please contact our office at (208) 489-1900 as soon as possible and request to speak to a member of our medical staff.

### **Can I drink beer or wine during the bowel preparation?**

No. The bowel preparation may dehydrate you so it is important to drink plenty of water or clear liquids to remain hydrated.

### **How does constipation affect the bowel preparation?**

One consistent factor that causes a poor preparation for a colonoscopy is constipation. Starting the colon preparation when you are constipated can make you sick and will probably result in a poor preparation for the exam. If this occurs, you may have to reschedule. If you are constipated you may need special preparation instructions. Please make sure our office knows that you are constipated before starting your bowel preparation.

### **Can I have a colonoscopy if I am having my menstrual cycle?**

Yes, menstruation does not interfere with colonoscopies.

### **Can my husband, wife, family member or friend come in with me during the procedure and watch?**

No, the physician will speak with your family or responsible adult following the procedure.

### **Why do I need a driver for my appointment? Does he or she have to stay the entire time I am there?**

Colonoscopies and upper endoscopies (EGD) require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes until the following morning. It is necessary for you to come with a family member or responsible adult who can safely drive you home after your procedure. We ask that your driver come with you and stay the entire time you are at our center. This makes them available for questions and allows the doctor to meet with them in the recovery room following your procedure to explain the results. **If you arrive without a responsible adult, your procedure will be rescheduled.**

### **What if I have a sore throat after my upper endoscopy (EGD)?**

Having a sore throat after your procedure is normal. The degree of discomfort will vary between individuals and your throat may be sore for several days. It is expected to gradually improve with time. Keeping your throat moist with cold or warm liquids is recommended. Try to avoid foods that may scratch your throat such as chips or nuts. You may also use over-the-counter throat spray with a numbing agent if it becomes too bothersome.