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## Getting ready for your Colonoscopy

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ Procedure time: \_\_\_\_\_

Location: \_\_\_\_\_

Please read through instructions at least one week before your procedure.

If you have any questions, please call **401-274-4800**.

Make sure you have **someone to drive you home** from the colonoscopy. You will not be able to drive for 24 hours. You **can not take public transportation** (no bus, taxi, Uber, etc) unless a responsible adult is with you and accompanies you.

**If you are unable to keep your appointment, we request that you call at least 3 business days before your procedure is scheduled, so that we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.**



# Miralax Bowel Preparation Instructions

Adequate colon cleansing is an essential component of your colonoscopy procedure.

**Please notify our office if you have any of the following conditions:** Kidney disease, heart disease, diabetes, problems with bleeding/ clotting or if you take blood thinning medications including: coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Pradaxa/dabigatran, Brillinta/ticagrelor, Pletal/cilostazol or Xarelto/rivoroxaban. Or if you take Semaglutide medications such as: Ozempic, Wegovy, Mounjaro.

## Purchase the following medications for your bowel prep:

- **One (1)** 238g bottle of Miralax
- **One (1)** 64 oz bottle of Gatorade (Not red)
- **Two (2)** 5mg Dulcolax (Bisacodyl) tablets
- **Two (2)** 125mg Gas-X (Simethicone) tablets

## Five (5) Days Before Your Colonoscopy:

**Stop** eating foods which contain seeds, corn or nuts. **Eat a LOW fiber diet.**

**Stop** taking Iron supplements or vitamins containing iron starting today and leading up to the colonoscopy.

If you normally take anti-diarrhea medications (Imodium or pepto-bismol for example), please **stop them two days before your procedure.**

## The Day Before the Colonoscopy:

You will be on a liquid diet. **NO solid foods.** It is important to drink plenty of fluids throughout the day so the laxative is effective and so you don't become dehydrated. **Drink an 8 oz glass of clear liquid every hour starting at 12 noon.**

**Clear liquids** include water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, Powerade, or jello. A **small** amount of milk or plain yogurt/ice cream (smooth in consistency) during the day is acceptable.

**DO NOT** drink red colored liquids. **DO NOT** drink alcohol.

**At 4 pm:** Mix all of the 238g bottle of Miralax with a 64 oz bottle of Gatorade (do not use red) in a pitcher until all of the Miralax is dissolved. You need to drink three quarters of the solution along with One Gas-x (simethicone) tablet. This needs to be finished within 2 hours in order for it to be effective. Drink one 8 oz glass approximately every 10-15 minutes until 3/4 of the solution is gone . Refrigerate the remaining solution.

**At 6 pm:** Take two Dulcolax (Bisacodyl) tablets with an 8 oz glass of water or clear liquids.

## On the Day of the Colonoscopy:

- **Drink** the remaining quarter of the Miralax mixture along with the second Gas-x (simethicone) tablet.

**This needs to be finished by:** \_\_\_\_\_.

- **NO solid foods. No dairy.** You may have **CLEAR LIQUIDS ONLY** (Water, black coffee/tea, Apple Juice) **UNTIL 3 HOURS BEFORE YOUR PROCEDURE:**\_\_\_\_\_. (Along with all regular medications unless otherwise instructed.)

**NOTHING ELSE BY MOUTH.**



## Helpful Hints

- Use the “good” toilet paper or baby wipes during the prep. To help protect your skin during the preparation you can use A&D ointment, Desitin, Balmex or Vaseline. Use it every trip after the bathroom to help prevent your skin from becoming sore.
- Stay well hydrated. You can lose a lot of fluids during the prep. Drink at least as much as the directions instruct you to do.
- The end result of the cleansing needs to be liquid. Most often it is yellow in color and not crystal clear. There may be small flecks of sediment.
- If you normally drink coffee, it is OK to have a cup during your prep.
- If you get a headache, it is OK to take something during the prep.
- Try sucking on a lemon or lime wedge after each drink of bowel prep
- Chill the bowel prep in the refrigerator
- Drinking the prep through a straw may blunt the taste
- It may take a while before the first dose of the prep starts to work. You may have urgency so stay near a bathroom. This is not the time to go out shopping !
- Wear loose fitting, comfortable clothing to the procedure.

