

Colonoscopy Miralax Split-Dose Prep Instructions

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Dear _____ DOB: _____

Your doctor has scheduled you for a colonoscopy at:

[] St. Alphonsus – Nampa at 4300 Flamingo Ave, Nampa, ID 208-367-3655 (Central scheduling)

[] St. Luke's – Nampa at 9850 W St Luke's Dr, Nampa, ID 208-381-2613 (Central scheduling)

on _____ at _____. You should arrive at the hospital 1 hour before the procedure.

In order to prepare for the test, it is necessary for you to do all of the following:

1. STOP taking aspirin, anti-inflammatories (such as ibuprofen, Motrin, Alleve, Naprosyn), and iron tablets 5 days before the test.
2. If you take other blood thinners such as those listed below, please STOP those medicines as noted
 - a. Plavix (clopidogrel), Effient (prasugrel) – Last dose 7 days before procedure
 - b. Brilinta (ticagrelor) – Last dose 3 days before procedure
 - c. Coumadin (warfarin) – Last dose 5 days before procedure, call our office to determine if bridging with Lovenox is needed
 - d. Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran) – Last dose 2 days before procedure
3. Purchase the following:
 - a. Dulcolax (bisacodyl) tablets (non prescription)
 - b. 238 gram bottle of Miralax (or the generic equivalent – non prescription)
 - c. 64 ounces of Gatorade (or other clear liquid of choice) any flavor except red
4. Schedule for **the day before the test**
 - a. Do not eat any solid food for the day before the test. Drink only clear liquids (nothing that is RED). You may have plain jello, strained fruit juices, soft drinks (like Sprite), popsicles, sports drinks (like gatorade), water, clear broth, coffee or tea (no milk or cream added).
 - b. Consume large amounts of fluids to avoid hunger and dehydration
 - c. **On the day before the test:**
 - i. At 10:00 am take two (2) Dulcolax tablets – you may experience cramps and stools
 - ii. At 3:00 pm take another two (2) Dulcolax tablets – you may experience cramps and stools
 - iii. At 5:00 pm mix the full bottle of Miralax into 64 ounces of Gatorade. Shake until completely dissolved. Drink an 8-10 ounce glass of mixture every 10-15 minutes until **half (1/2)** the entire solution is gone. This will induce stools.
 - d. **On the day of the test:**
 - i. Beginning 4 hours before your test, drink the second half of the Miralax preparation (For example, if your procedure is at 8 AM, you should start at 4 AM. If your procedure is at 10 AM, you should start at 6 AM). You must finish the second half of the solution at least 2 hours before your procedure.
 - ii. You should not take anything by mouth (not even liquid) for at least 2 hours before your exam.
 - iii. Take regular morning medicines with a small sip of water on the day of the procedure
5. If are a diabetic on insulin or medications, please contact your physician to discuss medication adjustments for the day before and the day of the test. **Most patients should cut their insulin dose in half the day before and the day of the procedure.**
6. Do not eat corn or beans for the 3 days prior to the test.
7. Bring someone with you to the hospital to hold your valuables, and to drive you home.

If you have any questions about the instructions, or if you need to cancel/reschedule your procedure, please call 208-466-7869 and ask to speak with a nurse.

Colonoscopy

A colonoscopy is a long flexible tube that is about the thickness of a finger. It is inserted through the rectum into the large intestine (colon) and allows the physician to carefully examine the lining of the colon. If the doctor sees a suspicious area or needs to evaluate an area of inflammation in greater detail, he will take a small piece of tissue (a biopsy) for examination in the laboratory.

The Procedure – You will be given medication through an IV to make you relaxed and sleepy. While you are lying in a comfortable position, the colonoscopy is inserted into the rectum and gradually advanced through the colon while the lining is examined thoroughly. The colonoscopy is then slowly withdrawn while the intestine is again carefully examined. The procedure is usually well tolerated with minimal discomfort, rarely causing significant pain.

The Preparation – For the best possible examination, the colon must be completely empty of waste material. Please follow the instructions for bowel cleansing carefully, as a poor bowel preparation will lead to an incomplete colonoscopy, and the procedure might need to be terminated prematurely.

Polypectomy – During the course of the examination, a polyp may be found. Polyps are abnormal growths of tissue, which vary in size from a tiny dot to several inches. If the doctor feels that removal of the polyp is indicated, he will pass a wire loop or snare through the colonoscopy and cut the polyp from the intestinal wall by means of an electrical current. You should feel no pain during the removal of a polyp. Polyps are removed because they can cause rectal bleeding or may develop into cancer, although the majority of polyps are benign (non-cancerous). Removal of polyps is an important means of prevention and cure of colon cancer.

Complications – Colonoscopy and polypectomy are safe and are associated with very low risk. Included in those possible complications are:

- 1) Bleeding – usually from the site of a biopsy or polyp removal. It is usually minor and stops on its own. Rarely, transfusions or surgery may be required.
- 2) Infection – On occasion, patients can develop diverticulitis, an infection within the colon that presents with abdominal pain, fever and diarrhea. It is usually treated with antibiotics and intravenous fluids.
- 3) Perforation – Rarely, the colon wall develops a small tear that then allows intestinal fluid to leak out. This complication usually requires surgery, but may be managed with antibiotics and intravenous fluids.
- 4) Pain/discomfort – Some people experience gas pains from the colon being stretched during the procedure. Most tolerate it well, and most pains improve as your body naturally expels any excess gas from the procedure.

After the Colonoscopy – A companion must accompany you to the colonoscopy because you will be given medication to help you relax. It will make you drowsy, so you will need someone to take you home. You should not drive, operate machinery or make any important decisions on the day of your procedure, as the medicine will affect your judgment and reflexes. You may feel somewhat bloated after the procedure, but that should pass with time. You will be able to resume your normal diet after the colonoscopy unless you are instructed otherwise.

revision 7/18/2019