

Preparing for Your Colonoscopy with the Double Miralax Split Dose Preparation

Follow instructions provided to ensure a safe and effective colonoscopy.

This preparation is designed to clean out your colon so your gastroenterologist can see what is inside and find any abnormalities, such as a colon polyp (growth).

To watch a video of these instructions, visit riversideonline.com/doublecolonprep.

Things you will need to prepare for your procedure:

- Two bottles of Miralax or generic Polyethylene Glycol 238 grams (14 doses)
- Four bottles of Gatorade, 28 ounces each. No RED or PURPLE. If you are diabetic, you may have Gatorade Zero or Gatorade G2.
- Two Dulcolax or generic Bisacodyl 5 mg tablets
- A responsible adult to drive you to your procedure, remain with you at the facility and drive you home. ***If you arrive without a responsible adult to drive you, your procedure will be cancelled or you will not be able to have any sedation for your procedure.***

IF YOU ARE TAKING BLOOD THINNERS, clearance will be needed from your prescribing health care provider, who will advise how many days BEFORE your procedure you should stop taking it.

Blood thinner and anticoagulant medications such as Coumadin, Plavix, Xarelto, Effient or others should be reviewed with your prescribing health care provider who will advise the number of days you should STOP taking the medication before your procedure.

7 Days Before Your Procedure There are **CERTAIN INJECTABLE MEDICATIONS GIVEN FOR WEIGHT LOSS OR DIABETES THAT WILL NEED TO BE STOPPED 7 DAYS PRIOR TO YOUR PROCEDURE.** Examples of these medications are: Ozempic or Rybelsus (semaglutide), Trulicity (dulaglutide), Victoza (liraglutide), Bydureon or Byetta (exenatide), Adlyxin (lixisenatide), or Symlin (pramlintide)

Please continue to take your insulin and oral diabetic medications. *You will not take these medications on the day of your procedure.* You may, however, require dosage adjustment leading up to your procedure therefore you should speak to your prescribing physician.

- 5 Days Before Your Procedure**
- STOP taking all oral iron, vitamins, fiber supplements or herbal products.
 - Eat a normal diet until three days before your procedure.
 - Keep taking prescriptions, including blood pressure and heart medications. Take NSAIDs, aspirin or pain medications if needed.

3 Days Before Your Procedure START a low residue diet for all meals, breakfast through dinner.

FOODS YOU MAY EAT:

- ✓ Butter
- ✓ Cheese
- ✓ Eggs
- ✓ Fish
- ✓ Ice Cream
- ✓ Macaroni
- ✓ Plain/vanilla yogurt
- ✓ Popsicles
- ✓ Salt and pepper
- ✓ Soup
- ✓ Sugar
- ✓ White bread
- ✓ White chicken meat
- ✓ White mashed potatoes
- ✓ White pasta noodles
- ✓ White rice

FOODS YOU SHOULD NOT EAT:

- ✗ Fruits
- ✗ Nuts
- ✗ Red meat
- ✗ Seeded jellies
- ✗ Seeds
- ✗ Vegetables

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2 Days Before Your Procedure

- **START** a clear liquid diet and drink clear liquids all day.
- **DO NOT HAVE FOOD**, cream, milk, alcohol or **RED** or **PURPLE** liquids.

CLEAR LIQUIDS YOU MAY HAVE:

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|-------------------------------|-------------|--|
| ✓ Broth or bouillon | ✓ Jell-O | ✓ Soda or cola (regular or diet), 7UP, Sprite, ginger ale, orange soda |
| ✓ Apple or white grape juices | ✓ Kool-Aid | ✓ Tea or coffee with sugar or sugar substitute (NO cream or milk) |
| ✓ Crystal Light | ✓ Popsicles | ✓ Water |
| ✓ Hard candies | ✓ Powerade | |

In the morning 2 days before your procedure:

- Prepare all four Gatorade bottles by removing 4 ounces from EACH bottle. Mix 7 capfuls of Miralax into each of the four Gatorade bottles. Shake well and place in the refrigerator to chill.
- **At 8:00 a.m. 2 days before your procedure take two Dulcolax tablets with a full cup of water.**
- **At 6:00 p.m. 2 days before your procedure drink the first bottle of Gatorade and Miralax mix.**

You will want to be at home or near a bathroom at this time. Finish the whole bottle and avoid drinking the bottle too quickly. Continue to drink clear liquids until you go to bed to stay hydrated.

1 Day Before Your Procedure

- **Continue clear liquids.**
- **At 8:00 a.m. the day before your procedure, drink the second bottle of Gatorade and Miralax mix.**
- **At 6:00 p.m. the day before your procedure, drink the third bottle of Gatorade and Miralax mix.**

The Day of Your Procedure

- You will be provided an arrival time for your procedure.
- **5 hours before your arrival time, drink the fourth bottle of Gatorade and Miralax mix.** Drink and finish within two hours.
- **3 hours before your arrival time, STOP drinking.** Do not have anything else by mouth. NO water, candy, gum, mints, cough drops, etc.
- **Arrive on time at the facility with your responsible adult.**
- Wear comfortable clothing and leave your valuables (jewelry, watch, piercings, etc.) at home.
- Do not wear lotion or powder on chest and arms.

✓ If you are prescribed heart and blood pressure medications, any pain or anxiety medications, thyroid or respiratory medications, **TAKE** with a sip of water.

✓ **DO NOT TAKE** diabetes medications.

✓ The responsible adult must stay on-site during your procedure the entire time.

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**For questions during business hours, call your Gastroenterology office to speak with the nurse.
For questions after hours, call Riverside Nurse at 757-595-6363 or 1-800-675-6368.**

IMPORTANT

If you experience an unexpected health problem before your procedure, please call our office right away.

We may need to talk with your health care provider before your procedure or schedule your procedure for a later date. You should avoid having elective colonoscopy procedures for six to nine months after having a heart attack or stroke.

Your gastroenterologist will speak with you in the recovery room about your initial results.

The next business day our office will call to check on you.

Seven to 10 days after your procedure you will get a phone call or letter from our office with your laboratory (pathology) results. For serious findings, your gastroenterologist will call you directly.

Your procedure results will be part of your electronic medical record.

You can view your results using Riverside MyChart, a free, secure online resource to help you manage your health. Sign up at riversideonline.com/mychart.

It is important to repeat your colonoscopy at the recommended interval given by your physician.

The risk of colorectal cancer is higher if you have a family history of polyps (growths) or a family history of colorectal cancer. When you are at higher risk for colorectal cancer, you may be screened earlier than age 45. Therefore, it is important to share your results with your family (parents, siblings and children) so they can be informed on when they need to initiate their colorectal screening.