

Pre-Procedure Instruction for Colonoscopy

Miralax-Gatorade G2, Split Prep

Only use this preparation if directed to by your specialist.

The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel **MUST** be adequately cleansed for proper visualization. Please follow the instructions closely.

Seven (7) days before your procedure:

1. If you take **COUMADIN** or **PLAVIX**, you must call your GI doctor's office at least seven days before your appointment so we can discuss whether these medications can be stopped safely before the procedure. We will need to know about whether you have atrial fibrillation or have received any cardiac stents or artificial heart valves.
2. If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.
3. Stop taking iron or multivitamins if they contain iron.
4. Start a low roughage diet and do not eat corn, raw vegetables, nuts, popcorn, seeds, fresh fruit, salad, or fiber supplements (Metamucil). You may restart your regular diet again after the procedure.

Two (2) days before your procedure:

1. Stop arthritis medications such as Motrin, Ibuprofen, Advil and naprosyn for two days before the procedure, as these medications may increase your risk of bleeding. Tylenol is okay to take.
2. Purchase two (2) bottles (238 gm, or 8.3 ounces each) of Miralax powder which is available over the counter, and four (4) 32-oz bottles of Gatorade G2 (yellow, orange, clear or blue, but *not red or purple*).



3. If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 pm.

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The Day before the Procedure:

1. Prepare Miralax-Gatorade prep by mixing an entire 238 gm (8.3 ounce) bottle of Miralax powder with two 32-oz bottles of Gatorade G2 in a large pitcher. You should store this in the refrigerator.
2. You may have a 'light breakfast'. Suggestions include white toast, eggs, tea, coffee.
3. Begin a clear LIQUID diet at lunch and continue this diet until three hours before your procedure. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, white grape juice, Gatorade, soda, and Jell-O (not red). No dairy, orange juice, or anything red in color. Do not drink sugar-free drinks. All patients, including those with diabetes, should be sure to get enough sugar during this time.
4. Between 4:00 pm and 7:00 pm, begin drinking your Miralax "cocktail." Drink an 8 oz. glassful every 15 – 20 minutes (for approximately 2-4 hours) until completely consumed.
5. Prepare a second pitcher of the Miralax-Gatorade prep by mixing another entire 238 gm (8.3 ounce) bottle of Miralax powder with another two 32-oz bottles of Gatorade G2 in a large pitcher.
6. Return the pitcher to the refrigerator overnight. You will consume the remainder on the morning of the procedure.

Hints:

- Drink through a straw; rinse mouth with clear liquid between glasses, use sugar-free candy or ice pops (not red) between glasses.
- If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between each glass until the discomfort goes away.
- If you feel nauseous, a glass of water or ginger ale may help settle your stomach. Wait a while and continue with the prep.
- Use moist baby wipes instead of toilet paper.

On the day of the Procedure:

1. You *should take your usual medications* (except diabetic medicine) with a few sips of water. It is particularly important that you take your usual blood pressure, heart and lung medications.
2. Starting at least 4 hours before the scheduled time for your colonoscopy, drink the entire second pitcher of Miralax/Gatorade G2, pacing yourself to finish it at least 3 hours before the scheduled time of your procedure.
3. Otherwise, stop all liquids three hours before your procedure, and do not eat or drink anything further until after your procedure.
4. If you have diabetes and routinely do a finger stick, do so prior to coming to the unit.
5. Wear loose-fitting comfortable clothes; leave all jewelry at home.

After the Procedure:

1. You will be monitored in the Endoscopy recovery area for approximately 30 minutes.
2. Please carefully review your discharge paperwork for follow up instructions.
3. You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.
4. You may eat your usual diet after the procedure, unless advised otherwise.
5. If you have any rectal bleeding or pain following the procedure, contact us immediately.
6. You must have a responsible adult accompany you home.

Please be sure to verify the location of your procedure with your GI doctor's office.

Low Roughage/Low Residue Dietary Recommendations

We recommend that you start a low roughage/low residue diet at least five (5) days prior to your scheduled procedure date. Your physician may adjust the recommended time frame based on your individual medical history.

Points to keep in mind:

- Avoid whole-grain breads and cereals.
- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Do not eat raw fruits or vegetables. Remove skins before cooking.
- Avoid tough, fibrous meats with gristle.
- Limit fats since these can increase stool bulk.
- Limit milk and milk products to 2 cups a day.

Foods to Choose

Breads, Cereals, Rice, and Pastas

Enriched white bread, rolls, biscuits and muffins
Waffles, French toast and pancakes
White rice, noodles, pasta and cooked potatoes (no skin)
Plain crackers
Pretzels
Cooked cereals: Farina, cream of wheat and grits
Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K

Fruit

Strained fruit juice
Canned or cooked fruits without skins or seeds
Applesauce
Ripe bananas
Soft cantaloupe and honeydew melon

Milk and Dairy Products

Milk, plain or flavored
Yogurt, custard and ice cream
Cheese and cottage cheese

Vegetables

Strained vegetable juice
Well-cooked fresh or canned vegetables without seeds such as asparagus tips, green beans, carrots, potatoes (no skin), acorn squash (without seeds), pureed spinach

Meats, Poultry, Fish, Dry Beans, Peas and Eggs

Ground, well-cooked, and/or tender- beef, lamb, ham, veal, pork, fish, poultry and organ meats
Skinless chicken or turkey
Eggs

Fats, Snacks, Sweets, Condiments and Beverages

Margarine, butter, oils, mayonnaise, mustard, sour cream and salad dressings
Plain gravies
Sugar, clear jelly, honey and syrup
Spices, cooked herbs, bouillon, broth and soups made with allowed ingredients
Coffee, tea and carbonated drinks
Plain cakes and cookies (such as vanilla wafers or animal crackers)
Gelatin, plain puddings, custard, ice cream, sherbet, popsicles
Hard candy

Foods to Avoid

Breads, Cereals, Rice, and Pastas

Breads or rolls with nuts, seeds or fruit
Whole wheat bread, rolls, pumpernickel bread and cornbread
Potatoes with skin, brown or wild rice and kasha/kasha (buckwheat)
Whole grain cereals, bran cereals, granola-type cereals and cereals with nuts, seeds, coconut or dried fruit
Whole wheat or other whole grain crackers
Whole wheat pasta

Fruit

Prunes and prune juice
Raw or dried fruit
All Berries and raisins

Milk and Dairy Products

Yogurt with nuts, seeds, berries or granola

Vegetables

Raw or partially cooked (steamed) vegetables
Vegetables with seeds
Sauerkraut
Cooked peas, winter squash, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans and corn

Meats, Poultry, Fish, Dry Beans, Peas and Eggs

Tough, fibrous meats with gristle
Dry beans, peas and lentils
Chunky peanut butter

Fats, Snacks, Sweets, Condiments and Beverages

Nuts, seeds and coconut
Dried fruit
Jam, marmalade and preserves
Pickles, olives, relish and horseradish
All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran
Candy made with nuts or seeds
Popcorn