

## COLONOSCOPY-MIRALAX PREP

Today's Date: \_\_\_\_\_ Reviewed by \_\_\_\_\_

- Procedure Description:** This procedure involves the insertion of a flexible endoscope into the rectum to visually examine the large bowel.
- Possible Complications:** Major complications such as holes in the bowel, excessive bleeding after biopsies or removal of a polyp, or adverse reactions to medications used to induce sedation are uncommon, but do occasionally occur.  
Cramping due to gas commonly occurs after the procedure. Notify Dr. Angles or a member of his staff if you have had heart valve or joint replacement.
- Procedure Scheduling:** Your procedure is scheduled for \_\_\_\_\_ (Day) \_\_\_\_\_ (Date) \_\_\_\_\_ (Time)  
This will be at Heritage Medical Center. The hospital will call you with the arrival time. Generally, it is one hour prior to your procedure. The procedure time which you are scheduled for is an approximation. The actual time of your procedure will depend on the patient flow in the operating room. You should plan on being at the hospital about three hours including your recovery. Check in at the front desk of the hospital for admitting. Once they have completed your registration they will send you to the outpatient surgery department for your IV and procedure.
- Sedation Effects:** The sedation that you will be given will make you drowsy for the procedure. This effect may last up to 24 hours. Therefore, you will need the remainder of the day off work and you need to avoid all activities that require an alert mental state. This includes but is not limited to avoiding all driving, operating heavy machinery, cooking using the stove or oven, or signing of financially or legally binding documents for the remainder of the day.  
You must have someone with you to drive you home after the procedure.
- Medication Instructions:** Do not take any medications the day of your procedure except the medications that you take for heart, lungs and/or blood pressure. Take your heart, lungs, and/or blood pressure medicine as normal the morning of the procedure with a small sip of water.  
If you take aspirin, iron, Plavix, Coumadin, Viagra, Cialis, or Levitra, you must stop it 5 days before the procedure. If you are a patient who is on Coumadin, the hospital staff will draw your blood the morning of your procedure to check your bleeding time levels.
- Diabetic Instructions:** If you are on insulin, take ½ the normal dose the morning of the procedure.  
If you are on pills for your diabetes, do not take any the morning of the procedure. The day before the procedure you should take the morning dose but do not take the evening dose.
- Cleansing Instructions:** You will need 64 oz. of Gatorade Rain, 238 gram bottle of MiraLAX, and 4 Dulcolax tablets. You may use the store brand. Remember to chill the Gatorade if you want to drink the prep cold.  
On the day before the procedure (so for your scheduled date it would be: \_\_\_\_\_.)  
After 7:00 a.m. begin the clear liquid diet. From 7:00 a.m. until midnight you may only have clear liquids. (water, Kool-Aid, coffee, tea, apple or white grape juice, clear broth, carbonated beverages, lemonade, plain Jello, and/or Popsicles). Do not drink or eat anything that is red or purple in color. Do not drink any milk. Around 2:00 in the afternoon on the day before the procedure take 4 Dulcolax tablets. Around 4:00 or 5:00 p.m. on the day before the procedure begin to drink the preparation. Mix the Gatorade and the MiraLAX. Drink one 8 oz. glass every 10 minutes until the entire 64 oz. is gone. If you get nauseated, rest for 30 minutes and then resume drinking the preparation. You might get diarrhea and cramps in the abdomen after drinking. It may take a few hours to begin. Once adequately prepped, your stools should look like lemonade. If your stools are not clear and yellow, mix a second 64 oz. of Gatorade and 238 gram of MiraLAX and drink as before. If your stools are not clear and yellow after this, then please call our office. Nothing to eat or drink including water after midnight. If your procedure is scheduled for 1:00 p.m. or later you may have water from midnight until 7:00 a.m. the day of the procedure.  
HINT: Before you start drinking the preparation, put A&D ointment or Vaseline around the anal area (please wash this off before coming to the hospital so that it does not interfere with the procedure) to help prevent irritation. You might also use baby wipes instead of toilet paper to ease the irritation.

***This prep is very important. If you are not adequately prepped the procedure may have to be canceled in order for the procedure to be accurate in detection of polyps or cancer.***