



Colonoscopy Preparation

Using Generic for MiraLAX (Polyethylene Glycol 3350 Powder)

It is very important that you read these instructions well in advance and follow them completely to ensure a successful exam. It is critical for you to thoroughly clean out your colon, which for most patients is harder than the test itself. Stool remaining in the colon can hide polyps or other abnormalities, and it **may cause you to reschedule the procedure and repeat your copay** if your colon is not well prepared.

Go to the pharmacy or drugstore of your choice to purchase the following items. You do not need a prescription.

1. Generic for MiraLAX (Polyethylene glycol 3350 powder): One 8.3 ounce (238 gram) bottle
2. Generic for Dulcolax (Bisacodyl 5 mg laxative tablets): One box
3. Magnesium Citrate: One 10oz. bottle.

Note: You will only use this if your bowel movements are not clear after using the above medications with these directions.

4. Gatorade (yellow or green only): Two 32 ounce bottles. *Please purchase from your local grocery store.*

Due to regulatory requirements and your safety, you must arrange for someone to drive you home after the procedure. Be sure to have a driver who is prepared to remain at the facility during your procedure, which will take between 2 to 3 hours. **If you do not have a driver, your appointment will be rescheduled.**

	ONE DAY BEFORE your procedure	DAY OF your procedure
Diet Instructions	<ul style="list-style-type: none"> ✓ NO SOLID FOODS ✓ Drink clear liquids ALL DAY ✓ Water (plain or flavored), light/clear tea, broth, ensure clear, gatorade, apple or white grape juice, sprite, 7-up, ginger-ale, jello (yellow or green only), popsicles (non-pulp). No red, purple, or orange. ✓ No alcohol ✓ Avoid: milk, shakes, smoothies, juices that are red or purple, orange juice. No red colored fluids (these may mimic blood). ✓ See “additional local instructions” below for any additional dietary instructions or restrictions 	<ul style="list-style-type: none"> ✓ DO NOT drink or eat anything after finishing the remainder of your Gatorade/generic MiraLAX solution at least 3 hours before your appointment. ✓ You can drink clear liquids up to 3 hours before your appointment. ✓ No gum, candy, or breath mints.
Bowel Preparation	<ol style="list-style-type: none"> 1. Mix $\frac{1}{2}$ of the generic MiraLAX in EACH 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator. 2. 4 p.m. – 5 mg bisacodyl laxative tablets: Take <u>two</u> tablets with water & continue clear liquids. 3. 6 p.m. – Drink one of the bottles of the Gatorade/generic MiraLAX solution. Drink 8 ounces (or a large glass) every 15 to 30 minutes (over 1 to 2 hours until the first bottle is gone). 4. You will drink the remaining bottle of Gatorade/generic MiraLAX solution on the day of your procedure. 	<ol style="list-style-type: none"> 1. You may take your medications with sips of water. (Take them 1 hour before drinking your Gatorade/generic MiraLAX solution so that the medicines have time to absorb.) 2. 4 to 5 hours before your Appointment, start drinking the remainder of your Gatorade/generic MiraLAX solution. You should finish drinking this at least 3 hours before your scheduled arrival time. 3. If your bowel movements are not clear after finishing the remaining Gatorade/generic MiraLAX solution, drink the entire 10oz bottle of magnesium citrate within 30 minutes. This should also be complete 3 hours before your arrival time
Important Reminders	<ul style="list-style-type: none"> ✓ Confirm that you have a driver who will bring you to your appointment and stay in the facility during your procedure. ✓ Take your regular medications the day before your Procedure unless otherwise directed by your Doctor. ✓ If you have diabetes, see the back for additional instructions. 	<ul style="list-style-type: none"> ✓ DO NOT wear contact lenses ✓ DO NOT wear any jewelry or bring valuables. ✓ DO NOT apply lotion or cream to your skin ✓ Wear comfortable, loose fitting clothes. ✓ Wear flat shoes or sneakers.

MEDICATION DO'S & DON'TS

Aspirin

It is **OK** to continue taking your daily low dose (81mg) aspirin treatment.

Pain-relievers:

Acetaminophen (Tylenol): It is **OK** to continue taking acetaminophen (also known as Tylenol).

Nonsteroidal Anti-inflammatories (NSAIDs): **STOP** taking your nonsteroidal anti-inflammatory medications, such as ibuprofen (also known as Advil or Motrin), or naprosyn (also known as Aleve) 7 days before the procedure. Check with your primary care doctor before your procedure, if you have any questions.

Warfarin (generic for Coumadin):

Contact your primary care doctor or the Anticoagulation Clinic to make sure it is safe to stop taking Warfarin 5 days before the procedure.

Clopidogrel (generic for Plavix), aspirin/dipyridamole (Aggrenox), or other Blood Thinners:

Contact your cardiologist or primary care physician to make sure it is safe to stop taking these medications 7 days before the procedure.

Dabigatran (Pradaxa):

Contact your cardiologist or primary care physician to make sure it is safe to stop taking these medications 2 days before the procedure, as well as the day of your procedure (3 days total).

Diuretics (Water Pills):

DO NOT take your diuretic the day before your procedure. You can resume taking your diuretic after your procedure, that same day. Diuretics include furosemide (generic for Lasix), hydrochlorothiazide, and triamterene/hydrochlorothiazide (generic for Maxzide).

Continue taking your other prescribed blood pressure medications (such as atenolol, metoprolol, carvedilol, or lisinopril), including the day before and the day of your procedure.

Iron Supplements:

STOP taking your iron supplements 7 days before your procedure.

ADDITIONAL DIABETIC INSTRUCTIONS

(Unless otherwise instructed by your primary care doctor or Endocrinologist)

	ONE DAY BEFORE your procedure	DAY OF your procedure
Type 2 Diabetes	<ul style="list-style-type: none">✓ Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids.✓ Check your blood sugars at least twice (in the morning before beginning your clear liquids and at bedtime).	<ul style="list-style-type: none">✓ DO NOT take any oral diabetes medications, such as glipizide (generic for Glucotrol) or pioglitazone (generic for Actos).✓ You may continue metformin (generic for Glucophage).✓ Check your blood sugar in the morning before your arrival time.
Type 1 Diabetes	<ul style="list-style-type: none">✓ Contact your Endocrinologist or Diabetic Care Provider.	<ul style="list-style-type: none">✓ If you take any long-acting insulin, take half the dose.✓ DO NOT take any short-acting insulin (Insulin Regular, Aspart, Lispro) unless you are using a sliding scale.✓ Check your blood sugar in the morning before your arrival time.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.