# Colonoscopy Preparation Using MiraLax and Dulcolax

<table>
<thead>
<tr>
<th>When</th>
<th>What You Need to Do</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 days before your procedure</td>
<td><strong>Arrive for someone to drive you to your procedure and back home. Check which medications you may need to stop.</strong></td>
<td>See medication instructions on the next page. Call your doctor if you have questions about your medications.</td>
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<tr>
<td>3 days before</td>
<td><strong>STOP eating high fiber foods as of this morning.</strong></td>
<td>High fiber foods include salads, seeds, nuts, and popcorn.</td>
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<tr>
<td>Morning</td>
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<tr>
<td>2 days before</td>
<td><strong>Eat normally during the day, and avoid high fiber foods.</strong></td>
<td>Do not drink smoothies, shakes, or milk. Avoid drinks that are colored purple, red, or orange.</td>
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<tr>
<td>Dinner</td>
<td><strong>This dinner will be your last solid food before the procedure.</strong></td>
<td>Eat a small dinner.</td>
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<tr>
<td>1 day before</td>
<td><strong>When you wake up, start drinking only clear liquids. Drink 8 ounces of clear liquid every hour while you are awake today.</strong></td>
<td>No coffee or alcohol. See list of clear liquids on the next page.</td>
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<tr>
<td>Daytime</td>
<td><strong>From 4 p.m., take 2 bisacodyl (Dulcolax) tablets.</strong></td>
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<tr>
<td>6 p.m.</td>
<td><strong>Begin drinking the first bottle of Gatorade with MiraLax. Drink 8 ounces every 15 to 30 minutes.</strong></td>
<td>Mix $\frac{1}{2}$ of the MiraLax (7 capfuls) with one 32-ounce Gatorade. Mix the remaining MiraLax with second bottle of Gatorade and refrigerate.</td>
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<td>Bedtime</td>
<td><strong>Keep drinking clear liquids until bedtime.</strong></td>
<td>You may need to use the bathroom at night.</td>
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<tr>
<td>Day of your procedure</td>
<td><strong>Five hours before your procedure, begin drinking the second bottle of Gatorade and MiraLax. Drink 10 ounces of magnesium citrate after you finish the laxative.</strong></td>
<td>It should take about 2 hours to finish the laxative.</td>
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<tr>
<td>Morning</td>
<td><strong>You must stop drinking 3 hours before your appointment time. You may take your allowed medications on the day of your procedure with a small sip of water.</strong></td>
<td>If your appointment is for 8:30 a.m., you need to get up at 3:30 a.m. in order to stop taking liquids at 5:30 a.m. (which is 3 hours before the procedure).</td>
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**HEALTH EDUCATION**

[Image: Kaiser Permanente logo]
Which medications should I stop taking before my procedure?

- Stop anti-inflammatory medicines, such as ibuprofen (Motrin, Advil) and naproxen (Aleve) 7 days before your procedure.
- Stop taking vitamins, oral iron, and herbal supplements 7 days before your procedure.
- Ask your doctor if it is safe to stop the blood thinner clopidogrel (Plavix) and aspirin/dipridamole (Aggrenox) 7 days before your procedure.
- Ask your doctor if it is safe to stop taking blood thinners such as warfarin (Coumadin) 5 days before your procedure, and dabigatran (Pradaxa) 2 days before your procedure.
- Ask your doctor when to stop taking the anticoagulants rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa).
- Do not take your diuretics (water pills) the day before or the morning of your procedure.

What medications am I allowed to take?

- You can continue to take your blood pressure medications, such as atenolol, metoprolol, carvedilol, or lisinopril.
- Tylenol is OK to continue taking. Do not stop your daily low dose (81 mg) aspirin treatment.
- If you have ANY questions about your medications, please contact your doctor.

What exactly may I drink during the day when I am only taking “clear liquids?”

- You may have water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, ginger ale, or yellow or green Jello. Many people like to drink chicken, beef, or vegetable broth. Be sure none of the liquids are red, orange, or purple.

How exactly should I take the MiraLax?

Please purchase the following at your local pharmacy or supermarket. No prescription is needed.

- Generic MiraLax (polyethylene glycol 3350 powder). One 14 dose (8.3-ounce) bottle.
- Generic for bisacodyl (Dulcolax) 5 mg tablets. One box.
- Magnesium citrate. One 10 ounce bottle (not red or purple).
- Gatorade (yellow or green only). Two 32-ounce bottles. Purchase from your local grocery store.

At 4 p.m., the day before your procedure, take 2 bisacodyl (Dulcolax) 5 mg tablets.

At 6 p.m., the night before your procedure, mix half the MiraLax (7 capfuls) into a 32-ounce Gatorade bottle and the other half into another Gatorade bottle. You will drink 1 bottle now and the other bottle in the morning. Drink about 8 ounces every 15 to 30 minutes over 2 hours. Keep the other bottle in the refrigerator to drink later. Because you are taking a laxative, you will want to stay close to home near a bathroom.

Five hours before your procedure, begin drinking the other Gatorade bottle of MiraLax. It should take you 2 hours to finish. Depending on the time of your procedure, you may need to arise early to drink the rest of the MiraLax. Remember that you must STOP drinking any liquids 3 hours before your appointment time.

The correct timing is very important to make sure your colon is clean enough for a successful exam. Stool remaining in the colon can hide polyps or other abnormalities. If we are not able to thoroughly examine your colon, you may have to reschedule the procedure.

What do I need to remember on the morning of my appointment?

- Be sure to follow the instructions about how to drink the MiraLax exactly as provided.
- You may take your regular allowed medications on the morning of your appointment. Please bring a list of all your current medications to your procedure.
- Please don’t wear contact lenses or jewelry. Don’t bring valuables with you. Wear comfortable, loose fitting clothes, and flat shoes or sneakers. On that morning, don’t apply lotion.
- You must have a driver bring you and stay during the 2 to 3 hours of your procedure. Unfortunately, we would need to reschedule your appointment if you don’t have a driver.

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. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

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### For Patients With Diabetes

**Type 2 Diabetes** | **Type 1 Diabetes**
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**One day before procedure**
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.
Contact your endocrinologist or diabetes care doctor.

**Day of your procedure**
Do not take any oral diabetes medications, such as glipizide (Glucotrol) or pioglitazone (Actos). You may continue metformin (Glucophage). Check your blood sugar in the morning before arrival time.
If you take any long-acting insulin, take half the dose. DO NOT take any short-acting insulin (Insulin Regular, Lispro) unless you are using a sliding scale. Check your blood sugar in the morning before your arrival time.

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**Driver Agreement & Medication Log**

Please bring this page with you to your appointment

**Driver Certification**

I, ______________________, am scheduled to have a sedated procedure in the Gastroenterology/Outpatient Procedure Center on _________________. I understand that I will not be able to drive home due to the medications. I have arranged for ______________________ to be my adult designated driver (18 years or older). I understand that my procedure will not be performed until the Gastroenterology/OPPC staff confirms that my driver is available.

Driver’s Name: ______________________ Home: (_____)__________ Cell: (____)__________

Patient Signature: ______________________ Date: ______________ Staff: ____________________

**Medication List**

Please list current medications and when the last dose was taken. You should include over-the-counter medications and supplements. Please bring this to your appointment.

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About your Colonoscopy
Outpatient Procedure Instructions

Your doctor has recommended that you have a medical procedure called a colonoscopy. Colonoscopy is a procedure that utilizes a flexible tube to look inside the lower part of the gastrointestinal tract called the colon (or large intestine).

Colonoscopy is used to screen for colon cancer and colon polyps as well as to look for causes of low blood count, change in bowel habits, abdominal pain and rectal bleeding. You will receive a call to schedule your procedure and instructions will be emailed or mailed to you.

Preparation
Before a colonoscopy, your colon must be completely cleaned out so that the doctor can visualize the walls of the colon. If your colon is not completely cleaned, your doctor may miss abnormalities. The GI department will provide specific instructions about how you should prepare for your colonoscopy.

What to Expect
At the time of the colonoscopy, your doctor will review the procedure with you, including possible complications, and ask you to sign a consent form. An IV line will be placed in your hand/arm. You will be monitored throughout the procedure.

Procedure
You will receive sedating medicines through the IV line. Many patients sleep through the test or are very relaxed and unaware.

The colonoscope is inserted through the anus and the doctor will gently pump air and sterile water into the colon to inflate it and allow the doctor to see the entire lining. You might feel a bloating sensation or cramps as the air is pumped in. If possible, let the air out as this will help with the discomfort. Let your doctor know if you are uncomfortable.

During the colonoscopy, the doctor might take biopsies or remove polyps. Polyps are growths of tissue. Most polyps are benign (not cancerous). If left intact, polyps can sometimes turn into cancer. Polyp removal does not hurt.

Recovery
Afterwards, you will be observed in our recovery area until most of the effects of the sedative medications wear off. It is not uncommon to have bloating and gas cramps. You will need to pass gas. Do not be embarrassed about doing this during or after the procedure. You should not return to work, drive, or drink alcohol that day. Your doctor/nurse will review the findings with you and your driver.

Potential Complications
Colonoscopy is a safe procedure, but rarely complications can occur:

- Bleeding can occur from biopsies or the removal of polyps, but it is usually minimal and can be controlled.
- The colonoscope can cause a tear or hole in the colon. This can be a serious problem which may require surgery to fix.
- It is possible to have side effects from the sedative medicines which may require additional medications or, rarely, a hospital stay.
- Although colonoscopy is the best test to examine the colon, it is possible for even the most skilled doctor to miss or overlook an abnormal area in the colon.

You should call your doctor immediately if you have any of the following:

- Severe abdominal pain
- Fever
- Vomiting
- Significant distension of the abdomen
- Rectal bleeding (more than a cup)