

Preparing for Your Colonoscopy with the Extended Miralax Split Dose Preparation

Patient Label

Things you will need to prepare for your procedure:

- One bottle of Miralax or generic Polyethylene Glycol 238 grams (14 doses)
- One additional bottle of Miralax or generic Polyethylene Glycol 119 grams (7 doses)
- Two 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.

Follow instructions provided to ensure a safe and effective colonoscopy.

Patients with chronic constipation, or those patients taking certain medications, often have decreased bowel motility.

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/colonpreextended.

Beginning 8 days before your procedure, take one capful of Miralax once a day at supper for the seven days leading up to the day before your procedure (when you begin your clear liquid diet).

7 Days Before Your Procedure

If you are taking certain medications for diabetes or weight loss, including Ozempic or Rybelsus (semaglutide), Trulicity (dulaglutide), Victoza (liraglutide), Bydureon or Byetta (exenatide), Adlyxin (lixisenatide), or Symlin (pramlintide), **you will need to stop taking it 7 days prior to your procedure.**

5 Days Before Your Procedure

- STOP taking all oral iron, vitamins, fiber supplements or herbal products.
- Eat a normal diet until two days before your procedure.
- Keep taking prescriptions, including blood pressure and heart medications. Take NSAIDs, aspirin or pain medications if needed.
- If you have diabetes, speak with your prescribing health care provider about your diabetes medications.

If you are taking blood thinners, speak to your prescribing health care provider about stopping it BEFORE your procedure.

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.

2 Days Before Your Procedure

START a low residue diet for all meals, breakfast through dinner.

When on a low residue diet, foods you MAY EAT are:

- Butter
- Cheese
- Eggs
- Fish

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- 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

When on a low residue diet, you should NOT EAT are:

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

1 Day 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 drinks. If you regularly drink red or purple clear liquids, your stool may be red. This is NOT blood.

Clear liquids you may have:

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

In the morning the day before your procedure

Mix 7 capfuls of Miralax into each of the two Gatorade bottles. Pour out at least 4 ounces of Gatorade from the bottle before adding the Miralax. Shake well and place in the refrigerator to chill.

At 4:00 p.m. the day before your procedure take two Dulcolax tablets with a full cup of water.

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At 6:00 p.m. the day 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.

The Day of Your Procedure

You will be provided an arrival time for your procedure.

5 hours before your arrival time, drink the second bottle of Gatorade and Miralax mix. Drink and finish within two hours.

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.

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.

- The responsible adult must stay on-site during your procedure the entire time.
- Wear comfortable clothing and leave your valuables (jewelry, watch, piercings, etc.) at home.
- Do not wear lotion or powder on chest and arms.

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.

After your colonoscopy it is important to share your results with your family- parents, siblings and children, because the risk of colorectal cancer is higher if you have a family history of polyps (growths) or a family history of colorectal cancer, so they are informed and empowered to be screened for colorectal cancer at the right age. When you are at higher risk for colorectal cancer, you may be screened earlier than age 45.