



**DEEP CREEK COLON
AND RECTAL SURGERY, PC**

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Please call 301 533-4523 (registration) upon arrival to Hospital
MIRALAX (POLYETHYLENE GLYCOL) SPLIT DOSE

PREPARATION INSTRUCTIONS FOR COLONOSCOPY

Please read at least 7 days before your colonoscopy (3 pages)

PROCEDURE DATE: _____ **ARRIVAL TIME:** _____

You must buy the following at any drug store; i.e., Walmart, CVS, Walgreen's

- Miralax powder (polyethylene glycol) 238 grams/ 8.3ozs
- Dulcolax (bisacodyl)- 6 (5 mg) laxative tablets
- Liquids-Gatorade, Propel, Crystal Light, Smart Water or your choice of clear liquids
8 cups/64ozs. Chart page 2-NO RED,NO PURPLE, NO BLUE

Medication Information:

- Continue prescription medications for heart disease, asthma, and seizure disorders.
- Do not stop your Aspirin (ASA), Vitamins or NSAIDS (Advil, Motrin, Ibuprofen, etc.)
- 3 days before your colonoscopy, please stop taking iron & fiber supplements, nuts, seeds, thick skinned, raw vegetables and fruit. You may remove skins and cook the vegetables. You may peel then eat raw fruit.
- **STOPPING BLOOD THINNERS:** If you take any prescribed blood thinners, please consult the treating physician to determine **if and when** it is safe to stop before your colonoscopy to reduce the risks of post op bleeding or hemorrhage.
 - **Warfarin (Coumadin) 5 days, Apixaban (Eliquis) 2 days, Rivaroxaban (Xarelto) 2 days, Clopidogrel (Plavix) 5 days, Dabigatran (Pradaxa) 3 days, Ticagrelor (Brilinta) 5-7 days, Prasugrel (Effient) 5-7 days.**
 - **Bridging with Lovenox may be needed if high risk for stopping blood thinners.**

Diabetes Medications:

- **Insulin**-take ½ dose in AM and none PM day before colonoscopy, and none AM of the colonoscopy
- **Oral Diabetic Medications**-do not take PM dose the day before colonoscopy or AM dose the day of your colonoscopy.

For those on Insulin Pumps: Call the office for instructions

THE ENTIRE DAY BEFORE YOUR PROCEDURE, ONLY DRINK/EAT CLEAR LIQUIDS

Clear liquids: NO Red, Blue or Purple liquids. Continue clear liquids until 4 hours prior to your colonoscopy.

Propel, Gatorade, Powerade	Smart Water	Coconut Water(not milk)
Tea/Coffee (no cream/milk)	Chx/beef Broth	Apple Juice
Water	White Cranberry Juice	Jello
Popsicles/Icee/Italian Ice	Ginger Ale	Lemonade
Crystal Light	Ice Tea	Hard Candy

THE DAY BEFORE YOUR COLONOSCOPY **

****STAY NEAR A BATHROOM AS THE MEDICINE MIGHT WORK QUICKLY!****

3:00 PM

Take 2 Dulcolax (Bisacodyl) tablets with 8oz/1 cup of a clear drink. 3:00 PM

Mix the entire 238 gram/8.3 oz bottle of Miralax Powder (polyethylene glycol) with 64oz/8 cups of Gatorade, Propel, PowerAde or your choice of clear beverages listed above. Place in the refrigerator.

4:00 PM

Between 4:00PM-7:00PM begin drinking (1) 8oz/1 Cup of Miralax (polyethylene glycol) prep every 20 minutes until you have completed a total of four 8 oz glasses = 4 cups. If you feel bloated, crampy, nauseated or if you vomit, take a 15-30 minute break. Then begin again until the four (4) glasses are complete.

8:00 PM

Take 2 Dulcolax (bisacodyl) tablets. Continue clear liquids.

CONTINUE PREP ON THE NEXT PAGE...

THE DAY OF YOUR COLONOSCOPY

6-8 hours before your arrival time at the hospital:

Take the last 2 Dulcolax (bisacodyl) tablets.

Then immediately, stir and then drink the remaining Miralax (polyethylene glycol) preparation (about 4 8oz glasses).

4 HOURS BEFORE YOUR COLONOSCOPY:

NO DRINKING/EATING/CHEWING/SMOKING

STOOL SHOULD BE COMPLETELY LIQUID AND CLOUDY to CLEAR YELLOWISH-YOU SHOULD BE ABLE TO SEE THE BOTTOM OF THE TOILET.

If you think your Preparation has NOT worked to clean out the stool after drinking all the preparation, you can take 1 Fleet's enema (available with no prescription at the pharmacy) 1-2 hours before leaving home.

Call with a list of any questions to review with nurses any time before your colonoscopy if you have any questions.

Drink plenty of clear liquids during the preparation to avoid dehydration

Wear a pad or adult diaper to and from the hospital in case you have leakage

Your responsible adult ride (over age 18) must stay in the facility until your colonoscopy is completed and you are ready to leave.

NO driving, operating machinery or drinking alcohol until the day after your colonoscopy due to the medications given for your sedation.