

Gastroenterology

Miralax Split Prep
Colonoscopy
Preparation



Holyoke Medical Center
Gastroenterology



SCAN ME





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COLONOSCOPY at Holyoke Medical Center

Please report directly to Short Stay Surgery on the 2nd floor.

Your procedure is scheduled for: _____

* Due to emergencies and/or cancellations your procedure time could change. You will be called the day before your procedure to confirm your arrival time.

Please Arrive at Short Stay Surgery on the 2nd Floor at: _____

Please bring a list of all medications you take as well as any allergies you may have.

You will need someone to pick you up after the procedure. (If you do not arrange for a ride home, your procedure will be cancelled). You can expect to be at the hospital for a total of 3½ hours.

Your follow up appointment with _____ is scheduled on: _____ in our office.

ONE WEEK PRIOR TO YOUR COLONOSCOPY:

Please avoid the following:

-Greasy, Fatty foods (such as pork skin, chicken skin), Fried Foods, Fish Oil, Flax Seed Oil, Vitamin E

The following medications need to be stopped for 7 days prior to the procedure:

Ozempic, Trulicity, Rybelsus, Mounjaro, Victoza.

*** Certain oral diabetic medications may need to be stopped 2-3 days prior to the procedure, please check with your physician.**

THE DAY BEFORE YOUR COLONOSCOPY:

BE SURE TO FOLLOW THE BOWEL PREP INSTRUCTIONS ON PAGES 4 & 5 OF THIS BOOKLET.

The **ENTIRE** day before this procedure you will need to be on a clear liquid diet. PLEASE DO NOT EAT ANY SOLID FOOD THE ENTIRE DAY PRIOR TO YOUR EXAM. AVOID RED, BLUE or PURPLE LIQUIDS OR DAIRY PRODUCTS. You may have any liquids that you can see through including: fruit juice without pulp, Jell-O, Popsicles, clear hard candy, coffee, tea, water, soda, bouillon, and broth.

****Drink plenty of clear liquids before, and during the prep, until 4 hours before your arrival time****

****DO NOT HAVE ANYTHING BY MOUTH 4 HOURS BEFORE YOUR COLONOSCOPY****

If you take anticoagulants, blood thinners or an iron supplement, these must be stopped before your procedure. Please check with your physician.

BEFORE COLONOSCOPY

AMBULATORY CARE

Before a colonoscopy, your colon needs to be cleaned out. This is called bowel prep or colon prep. You may need to start your bowel prep 1 to 2 days before your colonoscopy, or the night before. Your bowel movements should look yellow to light brown and be liquid. You should not have solids in your bowel movements.

Contact your healthcare provider if:

- You cannot finish your bowel prep.
- Your bowel movements are not clear after you finish your bowel prep.
- You have a fever or are sick

Types of bowel prep: You may need any of the following medicines to help clean out your colon:

- Polyethylene glycol is a laxative medicine that helps you have soft and frequent bowel movements. This medicine may come in a large container of liquid. You may need to drink this medicine over 4 to 6 hours. Ask your healthcare provider how to take this medicine.
- **Bisacodyl** is a laxative medicine that will help make it easier for you to have a bowel movement. It may be given with polyethylene glycol as a pill or a suppository.
- **Magnesium citrate** is a laxative medicine that will help make it easier for you to have a bowel movement. It may be given alone or with other laxative medicines.

Self-care during bowel prep:

- **Plan your bowel prep.** Start your bowel prep as directed by your healthcare provider. Give yourself plenty of time to drink the entire amount of medicine. You should expect to empty your bowels frequently. Be sure that you have access to a nearby bathroom.
- **Drink all of the medicine.** The medicine is in the correct dose to clean out your bowels. Drink the medicine slowly if you start to feel nauseated. The taste of the medicine may make it difficult for you to drink. Ask your healthcare provider about sports drinks or juices that the medicine can be mixed with.
- **Wear warm clothing if needed.** It is normal to get the chills while you drink the medicine. Warm clothing can help make you more comfortable.
- **Prevent soreness in your rectum.** Your rectum may get sore because you are wiping so often. Use soft wipes and wipe gently.
- **Drink more liquids as directed.** You may become dehydrated from having frequent bowel movements. Ask your healthcare provider how much liquid you need during your bowel prep.

Clear liquid diet before a colonoscopy: You may be on a clear liquid diet 1 or 2 days before your colonoscopy. Clear liquids are liquids that you can easily see through. Do not drink clear liquids that are blue, red, or purple.

Do not eat or drink solid foods, milk, milk products or juice with pulp. The following are examples of clear liquids. Water, Gelatin, Clear soft drinks, such as ginger ale, Clear juice without pulp such as apple juice, Broth. Oral rehydration solution, Sports drinks

Other ways to prepare for your colonoscopy:

- Arrange for someone to drive you home and stay with you after your procedure.
- Your healthcare provider will tell you what medicines you should or should not take before your colonoscopy. Talk to your healthcare provider before you stop or change any of your medicines.
- Remove all jewelry prior to coming to the hospital.
- Remove nail polish.
- Male patients: please shave beards closely.
- Please note - false eyelashes may come off during your procedure.

The following are general guidelines:

- o Diabetic medicines may need to be stopped or their dose changed, on the day of your colonoscopy.
- o Blood thinners may need to be stopped 7 to 14 days before a colonoscopy to prevent bleeding.
- o You will need to stop taking medicines that contain aspirin or iron for 7 days before your colonoscopy.
- o Heart and blood pressure medicines are usually taken on the day of the procedure with a sip of water.

MIRALAX SPLIT PREP INSTRUCTIONS

PLEASE FOLLOW ALL INSTRUCTIONS: Please complete the prep as directed. An incomplete prep can lead to a poor exam. Please avoid red, blue and purple liquids and soy products and juices with pulp or sediment. If you are experiencing vomiting repeatedly (more than twice) please take a 30 minute break, drink warm liquids, walk around and slowly resume your prep.

TWO DAYS BEFORE YOUR TEST:

Avoid raw fruits and vegetables, cooked corn, salad, red meat, beets, nuts, seeds and granola. Avoid multivitamins containing iron.

At least two days before the test you will need to obtain the following from your pharmacy:

- Four (4) Bisacodyl (Dulcolax)
- 64 oz. or two (2) 32. oz. bottles of gatorade - any color EXCEPT RED, BLUE, OR PURPLE
- One (1) 8.3 oz (238gm) bottle of Polyethylene Glycol Powder (a.k.a. Miralax)
- * Mix an entire bottle (238gm) of Miralax with 64oz of Gatorade- place in the refrigerator.

ONE DAY BEFORE YOUR TEST:

Clear liquid diet

Clear liquids such as water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, broth, clear/non-citrus fruit juice, Popsicles, Jell-O. **Avoid any red, blue or purple dye** in Gatorade, Popsicles and Jell-O. Drink at least 64 ounces of clear liquid.

DO NOT CONSUME any of the following: solid foods, diet or sugar free products (even diabetics), anything RED, BLUE or PURPLE (the dye can interfere with test), alcohol, dairy products, juices with pulp.

At Noon:

- Take all four bisacodyl (Dulcolax) tablets with at least 8 ounces of water.

At 5 p.m.:

Begin drinking the colon preparation as follows:

- One 8 oz glass every 15 minutes, until the first half is gone.
- Refrigerate the remaining prep.
- If you feel bloated, nausea or full, stop drinking for 15 minutes and walk around, this can help move the fluid through your colon. Sipping on warm chicken broth is also helpful.

The laxative will cause you to have very loose and watery stools, that's what we want!

ONE DAY BEFORE YOUR TEST:

At 10 p.m.:

- Drink the remaining half of the prep solution
- One 8 oz glass every 15 minutes until finished.
- THIS STEP IS VERY IMPORTANT, IT ALLOWS THE DOCTOR TO SEE YOUR COLON WALL FOR ANY ABNORMALITIES.
- If the doctor cannot see, they could miss something abnormal in your colon.

The goal when you finish the prep is to have your bowel movements clear or yellow clear fluids in the toilet. You should be able to see the bottom of the toilet.

THE DAY OF YOUR PROCEDURE:

Do not eat breakfast the day of your procedure or you will be canceled.

Take only those Medications you have been instructed to take by your doctor or nurse the morning of your procedure.

YOU MUST HAVE A RIDE HOME. You will not be discharged from the Endoscopy Unit unless you are accompanied by a responsible adult who will either drive you home or accompany you home by taxi, Uber or bus.

If you are unable to arrange transportation to and from your procedure, and you have a responsible adult 18 years of age or older who can accompany you and remain with you after your procedure, **we may be able to arrange Lyft transportation services for you. Please Notify our office as soon as possible if you need transportation assistance so arrangements can be made in advance. Transportation is subject to availability.** For your safety, patients receiving sedation cannot drive themselves home, use public transportation alone, or leave unaccompanied following their procedure.

DIABETICS: No short acting insulin the day of your colonoscopy. Do not take any oral diabetic medications the morning of your colonoscopy.

If you take anticoagulants, blood thinners or iron supplements, these must be stopped before your procedure. Please check with your physician.

4 HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME:

Nothing by mouth, not even gum, candy or water.



WATCH A VIDEO OF THE INSTRUCTIONS:



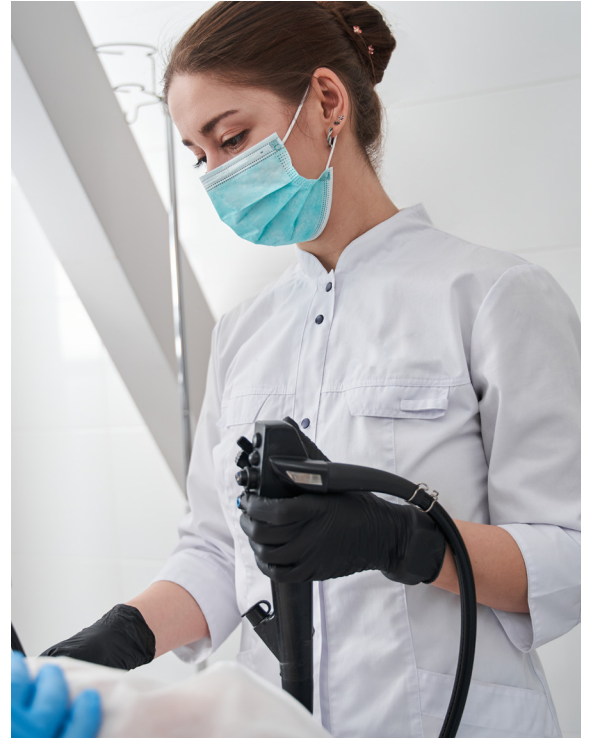
COLONOSCOPY AMBULATORY CARE

What you need to know about a colonoscopy: A colonoscopy is a procedure to examine the inside of your colon (intestine) with a scope. A scope is a flexible tube with a small light and camera on the end. Polyps or tissue growths may be removed during your colonoscopy.

What you need to do the week before your colonoscopy: You will need to stop taking medicines that contain aspirin or iron for 7 days before your colonoscopy. If you take a blood thinner, such as warfarin, ask when you should stop taking it. Make plans for someone to drive you home after your procedure.

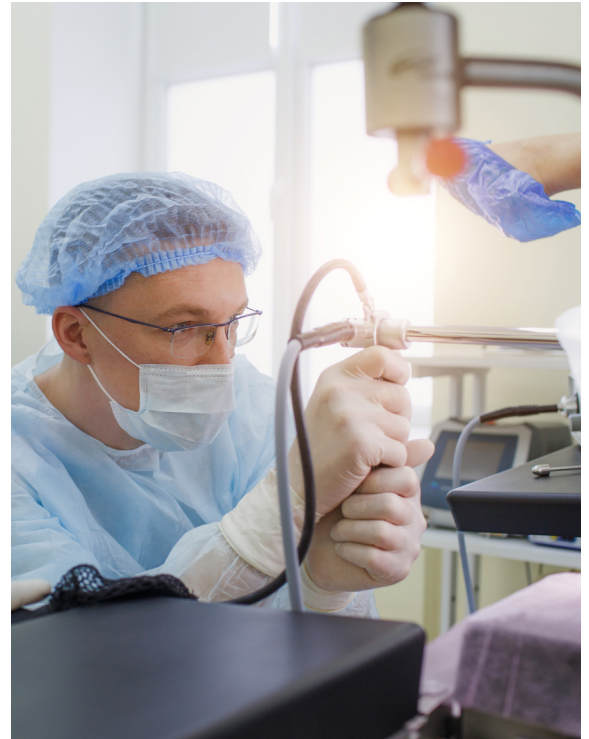
How to prepare for your colonoscopy: Your healthcare provider will have you prepare your bowels before your procedure. Your bowels will need to be empty before your procedure to allow him or her to see your colon clearly. You will need to do the following:

- **Have only clear liquids for the entire day before your colonoscopy.** Clear liquids include plain gelatin, unsweetened fruit juices, clear soup and broth. Do not drink any liquid that is blue, red or purple.
- **Follow your bowel Prep as directed.** There are many different preparations that can be given before your colonoscopy. Some are given over 2 hours and others over 6 hours. Some are given earlier in the afternoon the day before the colonoscopy. Others are given the day before and then the morning of the colonoscopy. With any bowl prep, stay close to the bathroom. The liquid will cause your bowels to move often.
- **Use an enema if directed.** Your healthcare provider may tell you to use an enema to help clean out your bowels.
- **Do not eat or drink anything after midnight.** This will help prevent problems that can happen if you vomit while under anesthesia.



What will happen during your colonoscopy:

- You will be given medication to help you relax. You will be on your left side and raise one or both knees toward your chest. Your healthcare provider will examine your anus and use a finger to check your rectum. You may need another enema if your bowel is not empty. The scope will be lubricated and gently placed into your anus. It will then be passed through your rectum and into your colon. Water or air will be put into your colon to help clean or expand it. This is done so healthcare provider can see your colon clearly.
- Tissue samples may be taken from the walls of your bowel and sent to a lab for tests. If you have a polyp, your healthcare provider will pass a wire loop through the scope and use it to hold the polyp. The polyp is then removed from the wall of your colon. The polyps are sent to a lab for tests. Pictures of your colon may be taken during the procedure.



What will happen after your colonoscopy: You may feel bloated or have some gas and abdominal discomfort. You may need to lie on your left side with a heating pad on your abdomen.

Risks of a colonoscopy: You may have pain or bleeding after the scope or polyps are removed. You may also have a slow heart beat, decreased blood pressure or increased sweating. Your colon may tear due to the increased pressure from the scope and other instruments. This may cause bowel contents to leak out of your colon and into your abdomen. If this happens, you will need to have surgery on your colon.

Call your doctor if:

- You have a large amount of bright red blood in your bowel movements.
- Your abdomen is hard and firm and you have severe pain.
- You have sudden trouble breathing.
- You develop a rash or hives.
- You have a fever within 24 hours of your procedure.
- You have not had a bowel movement for 3 days after your procedure.
- You have questions or concerns about your condition or care.

After your colonoscopy:

- **Do not** lift, strain or run for 3 days.
- **Rest as much as possible.** You have been given medicine to relax you. **Do not drive** or make important decisions for at least 24 hours. Return to your normal activity as directed.
- **Relieve gas and discomfort from bloating** by lying on your left side with a heating pad on your abdomen. You may need to take short walks to help the gas move out. Eat small meals until bloating is relieved.

If you had polyps removed: For 7 days after your procedure:

- **Do not take** aspirin.
- **Do not** go for long car rides.

Help prevent constipation:

- **Eat a variety of healthy foods.** Healthy foods include fruit, vegetables, whole-grain breads, low-fat dairy products, beans, lean meat, and fish. Ask If you need to be on a special diet. Your healthcare provider may recommend that you eat high-fiber foods such as cooked beans. Fiber helps you have regular bowel movements.
- **Drink liquids as directed.** Adults should drink between 9 and 13 eight-ounce cups of liquid every day. Ask what amount is best for you. For most people, good liquids to drink are water, juice and milk.
- **Exercise as directed.** Talk to your healthcare provider about the best exercise plan for you. Exercise can help prevent constipation, decrease your blood pressure and improve your health.



Follow up with your healthcare provider as directed:

Write down your questions so you remember to ask them during your visits.





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