



INSTRUCTIONS FOR COLONOSCOPY/SIGMOIDOSCOPY

About: Polyethylene Glycol (trade name MiraLax) is an osmotic agent which softens the stool, causes water to be retained with the stool, and increases the frequency of bowel movement. It has no effect on the active absorption or secretion of glucose or electrolytes.

Contents of this Prep Kit: 4 Senna or Dulcolax tablets
510g bottle of Polyethylene Glycol (MiraLax)

Day Before the Procedure: _____

- (1) Consume a clear liquid diet the entire day
 - “Clear liquid” means nothing with any cloudiness or pulp, it does not need to be colorless. **Examples:** Water, soda, coffee, soup broth (chicken, vegetable, beef), bouillon, apple juice, white grape juice, Jell-O, lemonade, Gatorade, Powerade, juice popsicles.
 - Avoid: (1) Red colored liquids, (2) dairy products, and (3) orange juice.
 - Drink plenty of fluids during the day to prevent dehydration
- (2) At 2:00 pm: Take the 4 Senna or Dulcolax tablets
- (3) At 5:00 pm: Mix 17 capfuls (about two thirds of the bottle – it’s not critical that it be perfect, don’t worry if you put in 18 or 19 capfuls) of the MiraLax bottle into 64 oz of your preferred liquid (i.e. water, juice, or Gatorade). We find clear Gatorade Ice works very well. You will have some extra MiraLax that you can keep or discard. Drink one 8oz glass every fifteen minutes until you have completed 48oz (6 glasses total).

Day of the Procedure: _____

- (1) Four hours prior to your procedure, drink the remaining 16oz of the preparation solution.
- (2) Continue drinking clear liquids up to 2 hours prior to your appointment.

Remember, you must arrange for someone to drive you home after your procedure. You may experience rectal irritation from this prep kit. If this occurs, you may use Vaseline, Preparation H, A&D ointment, Tucks, or other protective agents to minimize discomfort.

SPECIAL INSTRUCTIONS FOR PATIENTS TAKING MEDICATION

1. Give a list of the medications you are taking to the nurse.
2. Special Medications
 - 2.1 **Coumadin:** Should be stopped three days before the colonoscopy. This is to reduce the risk of bleeding. Ask your primary care physician or cardiologist that prescribed the Coumadin if it is OK to cease your Coumadin for this period of time. It is usually not a problem.
 - 2.2 **Aspirin and Aspirin-like drugs (Aleve, Advil, Relafen, Feldene, Naprosyn):** Should be stopped three days prior to the colonoscopy. This is to reduce the risk of bleeding.
 - 2.3 **Regular Insulin:** The dose of insulin should be skipped on the day of the procedure. Reduce the insulin dose by $\frac{1}{2}$ on the day prior to the colonoscopy for regular insulin. This is the day you will be taking the colonoscopy prep and will be on a clear liquid diet.
 - 2.4 **Long-acting Insulin:** Do not take the day before your procedure or the day of your procedure.
 - 2.5 **Diabetic Pills (Glipizide, Diabeta, Glucophage, Rezulin, Precose, etc.):** Should be skipped on the day of the procedure. Reduce the dosage by $\frac{1}{2}$ on the day prior to the colonoscopy. This is the day you will be taking the colonoscopy prep and will be on a clear liquid diet.
 - 2.6 **Iron:** Should not be taken for three days prior to the colonoscopy.
 - 2.7 **Blood Pressure Medications:** Should be taken on the day of the colonoscopy.
 - 2.8 **All other medications:** Should be continued as normal.

Please call our office at (831) 771-1456 if you have any questions at all



Salinas Endoscopy Center

A Covenant Surgical Partner

MEDICATION LIST

NAME: _____

DOB: _____

MRN: _____
(STAFF USE ONLY)

Medication	Dosage	Quantity / Directions
<i>Ex: Aciphex</i>	<i>20mg</i>	<i>One tab daily</i>