



TEXAS A&M  
HEALTH SCIENCE CENTER  
COLLEGE OF MEDICINE  
FAMILY MEDICINE RESIDENCY

979-776-8440

**Please read the instructions 6 days before your colonoscopy.**

COLONOSCOPY MIRALAX® PREP

**SIX DAYS BEFORE THE COLONOSCOPY**

- Stop iron medications 6 days before your colonoscopy.
- Stop taking Plavix, Ticlid, and/or Aspirin
- IF YOUR PRIMARY CARE PROVIDER DOES NOT WANT YOU TO STOP ANY OF THESE MEDICATIONS, PLEASE CONTACT OUR OFFICE AS SOON AS POSSIBLE.
- Stop taking Coumadin, (warfarin) if approved by your primary care provider.

**TWO-THREE Days BEFORE THE COLONOSCOPY**

- Do not eat beans, peas, corn, nuts, popcorn, okra, or tomatoes 2-3 days prior to your colonoscopy, as the seeds of these foods may adhere to the intestinal wall and may not flush out with bowel prep (start now if your colonoscopy is scheduled within the next 3 days).
- Start drinking extra fluids to help prepare for colonoscopy. Even an extra 8 to 16 ounces of fluid will benefit you.

**YOU WILL NEED TO PURCHASE OVER THE COUNTER**

Bisacodyl / Dulcolax tablets 4 tablets (20 mg)

Gatorade (64 ounces or two 32 ounce bottles) any flavor, except those red or purple in color.

Miralax® (238 grams) (no prescription needed)..

## **THE DAY BEFORE YOUR EXAM PLEASE FOLLOW THESE INSTRUCTIONS**

- You will need to be on a clear liquid diet the entire day. No solid foods.
- in the morning, mix the entire contents of the Miralax® powder with the Gatorade until completely dissolved and then refrigerate.
- At noon take 4 tablets (20 mg) of Bisacodyl (Dulcolax). At 5 pm start drinking Miralax®, an 8 ounce glassful every 10-12 minutes until all of the solution is gone. It will take about 1.5 hours to drink the solution. Continue drinking clear liquids after you finish the prep solution. You should be finished going to the bathroom 3 to 4 hours after you have finished the solution. If you experience bloating, cramping, nausea, or vomiting, take a 15-30 minute break and then start drinking the prep solution again.

NOTE: Individual responses to laxatives do vary; this prep may cause multiple bowel movements and often works within 30 minutes but **MAY TAKE AS LONG AS 3 HOURS**. Please remain within easy reach of toilet facilities.

DRINK ONLY “CLEAR LIQUIDS” the day before the colonoscopy, including breakfast, lunch and dinner. Solid foods and milk products are **NOT** allowed.

### **CLEAR LIQUIDS include:**

1. Strained fruit juices without pulp (apple, white grape, and lemonade)
2. Water
3. Clear broth or bouillon
4. Coffee or tea (without milk or non—dairy creamer)
5. All of the following that are **NOT** colored red or purple:
  - Gatorade, carbonated and non-carbonated soft drinks, Kool-aid (or other fruit flavored drinks), plain Jell—O (without added fruits or toppings) popsicles

## **DAY OF COLONOSCOPY**

1. ***NOTHING to eat or drink after midnight before your procedure.*** This includes coffee and juice the morning of your procedure. However, you may ***HAVE A SMALL AMOUNT OF WATER TO USE TO TAKE BLOOD PRESSURE MEDICATIONS.***
2. Arrive for your colonoscopy at the scheduled arrival time. The scheduled time for the colonoscopy to start is- usually 30-60 minutes later. Please realize that the actual start time for your colonoscopy is tentative, and sometimes endoscopy clinics run behind schedule.

## **PURPOSE OF THE PROCEDURE**

1. To obtain more information about your large bowel (colon and rectum), There is a small risk that a colon or rectal 'cancer could be missed on a colonoscopy. Although colonoscopy decreases the risk of developing colon and rectal cancer, it does not detect all colorectal polyps.
2. Biopsies can be obtained and polyps can be removed during this procedure. Removing polyps is the best way to prevent most colon and rectal cancers. The biopsies and polyps are examined by the pathologist. The reports and appropriate interval for a follow-up colonoscopy will be sent to you and to your doctor.

## **THE EXAMINATION**

1. The instrument used has a flexible tube, which is passed through your rectum and advanced into your large bowel. A lubricant is used to aid in passing the tube.
2. You will receive a sedative intravenously to make you more comfortable during the examination; you will need to follow instructions given by the doctor, so the purpose of the sedative is not to put you to sleep. However, the sedative frequently has an effect of making you a little hazy to the point that you might not recall any of the events that occurred during the examination. It is useful to have a family member present at the end of the procedure, just in case you do not remember the test.
3. The procedure usually takes from 24-40 minutes, depending on the purpose of the examination.

## **FOLLOWING THE EXAMINATION AND POSSIBLE COMPLICATIONS**

1. **You will need to arrange to have someone drive you home; THIS MUST BE A RELATIVE OR FRIEND, NOT PUBLIC TRANSPORTATION. AND THEY MUST STAY AT THE CLINIC DURING THE PROCEDURE.** The medications may make you feel drowsy for some time. This varies with each patient. Please do not plan to return to work that day for the same reason. The day of your colonoscopy you should not drive, operate any machinery, drink alcohol, or sign any legal papers. You may drive and resume your normal activities the day after your colonoscopy.
2. You may resume your high fiber diet, unless otherwise instructed by your doctor.
3. If any polyps are removed, you may resume your usual diet and continue your prescribed medications. However, if you take blood thinners (Coumadin, Plavix, Ticlid, Lovenox, or other similar medication), your endoscopist will tell you when you can start taking your blood thinner.
4. You will need to call the hospital if you develop any significant symptoms, like severe abdominal pain, fever (> 100.2), or significant rectal bleeding. The most frequent colonoscopic complication is bleeding after a polyp has been removed. This complication is rare and usually the bleeding will stop spontaneously. Some patients might need blood transfusions or invasive interventions to stop the bleeding, like a repeat colonoscopy or an angiogram (x-ray of the arteries). If you have significant rectal bleeding following the procedure, please notify your physician. A minor amount of rectal bleeding is normal. The most serious complication is poking a hole in the colon (colonic perforation), which sometimes may require emergency surgery. Removing large polyps on colonoscopy has a very small but significant risk of perforation. If the polyp is too large to be removed during this procedure, an elective surgery (removal of a portion of the colon) would be indicated. Signs of bleeding are black, tarry, or bloody stools. Watch for these signs of bleeding for two weeks after a polyp has been removed.



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**Please read the instructions 6 days before your colonoscopy.**

**COLONOSCOPY MIRALAX® PREP FOR DIABETIC PATIENTS**

**SIX DAYS BEFORE THE COLONOSCOPY**

- Stop iron medications 6 days before your colonoscopy.
- Stop taking Plavix, Ticlid, and/or Aspirin
- Stop taking Coumadin, (warfarin) if approved by your primary care provider
- IF YOUR PRIMARY CARE PROVIDER DOES NOT WANT YOU TO STOP ANY OF THESE MEDICATIONS, PLEASE CONTACT OUR OFFICE AS SOON AS POSSIBLE.

**TWO-THREE DAYS BEFORE THE COLONOSCOPY**

- Do not eat beans, peas, corn, nuts, popcorn, okra, or tomatoes 2-3 days prior to your colonoscopy, as the seeds of these foods may adhere to the intestinal wall and may not flush out with bowel prep (start now if your colonoscopy is scheduled within the next 3 days).
- Start drinking extra fluids to help prepare for your colonoscopy. Even an extra 8 to 16 ounces of fluid will benefit you.

**YOU WILL NEED TO PURCHASE OVER THE COUNTER**

Bisacodyl / Dulcolax tablets 4 tablets (20 mg)

Sugarfree Gatorade, called G2 (64 ounces or two 32 ounce bottles) any flavor, except those red or purple in color.

Miralax® (238 grams) (no prescription needed)..

## **THE DAY BEFORE YOUR EXAM PLEASE FOLLOW THESE INSTRUCTIONS**

- You will need to be on a clear liquid diet the entire day. No solid foods.
- In the morning, mix the entire contents of the Miralax® powder with the sugarfree Gatorade until completely dissolved and then refrigerate.
- At noon take 4 tablets (20 mg) of Bisacodyl (Dulcolax). At 5 pm start drinking Miralax®, an 8 ounce glassful every 10-12 minutes until all of the solution is gone. It will take about 1 .5 hours to drink the solution. Continue drinking clear liquids after you finish the prep solution. You should be finished going to the bathroom 3 to 4 hours after you have finished the solution. If you experience bloating, cramping, nausea, or vomiting, take a 15-30 minute break and then start drinking the prep solution again.

### **-Do not take your afternoon Diabetes medication.**

NOTE: Individual responses to laxatives do vary; this prep may cause multiple bowel movements and often works within 30 minutes but **MAY TAKE AS LONG AS 3 HOURS**. Please remain within easy reach of toilet facilities.

DRINK ONLY “CLEAR LIQUIDS” the day before the colonoscopy, including breakfast, lunch and dinner. Solid foods and milk products are NOT allowed.

### **CLEAR LIQUIDS include:**

1. Strained sugarfree fruit juices without pulp (apple, white grape, and lemonade)
2. Water
3. Clear broth or bouillon
4. Coffee or tea (without milk or nondairy creamer)
5. All of the following that are NOT colored red or purple and are **SUGARFREE**:

Gatorade, carbonated and non-carbonated soft drinks, Kool-aid (or other fruit flavored drinks), plain Jell—O (without added fruits or toppings) popsicles, Crystal Light

## **DAY OF COLONOSCOPY**

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2. Arrive for your colonoscopy at the scheduled arrival time. The scheduled time for the colonoscopy to start is- usually 30-60 minutes later. Please realize that the actual start time for your colonoscopy is tentative, and sometimes endoscopy clinics run behind schedule.

## **PURPOSE OF THE PROCEDURE**

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