

# Colonoscopy Prep — Dulcolax<sup>®</sup> and MiraLAX<sup>®</sup>

## Colonoscopy

A colonoscopy is a procedure that lets your health care provider see your large intestine (colon). This procedure is done using a long, flexible tube (a “scope”) that passes into your rectum and through your colon.

The procedure takes about 15 to 30 minutes. You should plan to be at the location for up to 2 hours.

## What You Will Need to Buy

- ❑ Buy the following ingredients:
  - Simethicone (Gas-X<sup>®</sup> or gas relief medicine) 80mg or 125mg tablets, chewables, or softgel. Simethicone is available over the counter in a variety of forms and dosages. Capsules, chewable tablets, and liquid are all acceptable forms. If you are buying 125mg tablets, purchase enough simethicone to take 2 tablets. If you are buying 80mg tablets, purchase enough to take 3 tablets.
  - Dulcolax (bisacodyl) 5 milligram (mg) laxative tablets
  - 1 bottle MiraLAX powder (238-grams)
  - 1 bottle MiraLAX powder (119-grams)
  - Gatorade<sup>®</sup>, Powerade<sup>®</sup> or water (one 32-ounce and one 64 ounce bottle, red, purple and dark blue flavors are not allowed, all other colors are okay).

## Your Procedure

Location: \_\_\_\_\_

Health care provider: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m. / p.m.

Procedure time: \_\_\_\_\_ a.m. / p.m.

Phone number: \_\_\_\_\_

Call the phone number above if you have questions about your procedure. If you need to cancel or reschedule, call at least 24 hours before your procedure.

## One to Two Weeks Before Your Procedure

- Tell your primary care provider if you:
  - take any type of blood thinner (Warfarin, Jantoven<sup>®</sup>, Eliquis<sup>®</sup>, Plavix<sup>®</sup>, etc.)
  - take insulin or a diabetes pill (Novolog<sup>®</sup>, Humalog<sup>®</sup>, etc.)
  - take GLP-1 agonists for diabetes or weight loss (such as Trulicity<sup>®</sup>, Ozempic<sup>®</sup>, Wegovy<sup>®</sup>, Zepbound<sup>®</sup>, etc.)

For your safety, your provider may want to stop or change your dosages.

- 7 days before your procedure, stop taking fiber supplements and iron pills. This includes multivitamins with iron, Metamucil and Fibercon. Do not eat popcorn, seeds or nuts.

- 3 days before your procedure, begin a low-fiber diet, such as white bread, white rice, fish, chicken, eggs, cooked vegetables, milk, plain yogurt.
- Tell the health care provider performing your procedure if you:
  - are allergic to any medicines or latex
  - are pregnant
  - have bleeding after surgery.
- You may receive a phone call from a nurse 2 to 3 days before your procedure.
- **Arrange to have someone drive you home and stay with you for 12 hours after your procedure.** You will not be able to drive after your procedure. You cannot take public transportation, a taxi or other ride-hailing services home alone.

## The Day Before Your Procedure

- For the entire day: Follow a clear liquid diet. A clear liquid diet consists of water, clear broth or bouillon, soda pop, sports beverages, gelatin (no red gelatin), frozen ice treats on a stick, coffee or tea, and fruit juices without pulp (apple, white grape). You may also have hard candy. Do not eat solid food.
- Drink at least 8 glasses of water.
- Do not drink: tomato or orange juice; red-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer.
- You may use healing ointment (Vaseline®, Desitin®) on the area around your anus to protect your skin from getting sore.
- Noon: take 2 Dulcolax tablets with a glass of water.

- 4 to 6 p.m.: mix MiraLAX (238-gram bottle) and Gatorade (64 ounce), Powerade or water in a pitcher. (Do not mix with red liquids.) Stir until the MiraLAX is dissolved. Chill the mixture in the refrigerator. Do not add ice.
  - Drink 8 ounces of the mixture every 10 to 15 minutes until it is all gone. You must drink it all.
  - With last glass of Miralax - Gatorade solution: take 240-250mg of simethicone (Gas-X® or gas relief medicine)
  - If you begin to have an upset stomach (nausea), slow down and drink 8 ounces of the mixture every 30 to 45 minutes until it is all gone.

## The Day of Your Procedure

- Prep results must be clear (toilet bottom visible) without any stool or brown liquid stool. If not, call your proceduralist's care team.
- 4 hours before your arrival time: Mix the 119-gram bottle of Miralax with the 32-ounce bottle of Gatorade. Drink all of the mixture.
- 3 hours before your arrival time: Take any other regular medicines with a small sip of water. Stop consuming liquids and do not take anything by mouth.
- When you arrive for your procedure, check in at the registration desk.
- Your driver should plan to stay in the facility during your procedure.
- You will be asked to wear a hospital gown and slippers.
- A nurse will review your medical history with you. You will sign a consent form.
- A nurse will insert an intravenous (IV) line into your hand or arm.

## Will It Be Uncomfortable?

- You will be given medicine through an IV line to help you relax and reduce your pain. The medicine may put you to sleep.
- You may feel cramping and gas-like pain.
- Take slow deep breaths to help you relax.
- Tell your health care provider or nurse if you are uncomfortable.

## After Your Procedure

- Your driver will take you home to rest.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.
- Your health care provider will talk with you about any problems.

## If You Had a Polyp Removed or Other Biopsy Taken

- Look for signs of bleeding such as black or red stools. You may have bleeding up to 2 weeks after your procedure.
- You will receive your results in 1 to 2 weeks.

## When to Call Your Health Care Provider

Call your health care provider if you have one or more of the following after your procedure:

- any unusual abdominal or shoulder pain
- temperature higher than 100.5 F
- chills
- rectal bleeding