

Colonoscopy with Miralax / Gatorade or Crystal Light Preparation

Procedure Date _____ Follow up appointment _____

The facility will call you with the time 48 hours prior to you procedure date

Orange City Surgery
975 Town Center Drive
Orange City, FL
386-456-5247

Lake Mary Surgery
460 St Charles Court
Lake Mary, FL
407-585-0263

FL Hospital FISH
1055 Saxon Blvd
Orange City, FL
386-917-5000

Preparation

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure.

These instructions are designed to maximize the ease, safety and success of your preparation.

Purchase at the Pharmacy/Grocery Store

- Gatorade G2, 64oz bottle or Crystal Light (Recommended for Diabetics) (No Red Colors)
- Miralax, 238g bottle
- Magnesium Citrate
- Dulcolax, 6 tablets
- Baby wipes or Desitin (Optional)

One Week Prior to the Procedure

DO NOT take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin, & Aspirin. You MUST stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, & Diclofenac.

- *TYLENOL is safe to use prior to this procedure.*

One Day before the procedure:

Have a **clear** liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid **ALL dairy** products and juices with pulp such as orange or grapefruit juice.

Soups: Clear broth

Sports drinks: Gatorade, Powerade, Propel

Juices: White cranberry, White grape, Apple, Lemonade

Beverages: Tea, Kool-aid, Water

Desserts: Water ices, Italian ices, Popsicles, Jell-O

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

If your Procedure is before 10 AM:

One Day before Procedure:

- At **5:00pm**, take 4 Dulcolax tablets with a glass of water
- At **5:30 pm**, drink 10 oz. bottle of Magnesium Citrate by mouth (may be chilled)
- At **6:00pm**, mix the entire 238g bottle of Miralax with the 64oz bottle of Gatorade or Crystal Lite in a pitcher. Shake the solution until the Miralax is dissolved. *Drink an 8 oz. glass every 10-15 minutes* until the solution is gone (drinking with a straw helps).

If your Procedure is after 10 AM:

One Day before Procedure:

- At **5:00pm**, take 4 Dulcolax tablets with a glass of water
- At **5:30 pm**, drink 10 oz. bottle of Magnesium Citrate by mouth (may be chilled)
- At **6:00pm**, mix the entire 238g bottle of Miralax with the 64oz bottle of Gatorade or Crystal Lite in a pitcher. Shake the solution until the Miralax is dissolved. *Drink an 8 oz. glass every 10-15 minutes* until you have finished **1/2 of the solution** (Drinking with a straw helps).

The Morning of the Procedure:

5 hours before the Procedure time: Take 2 Dulcolax tablets and 15 minutes later drink remaining Miralax solution you made the night before.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move downstream, and then to resume drinking at a slower rate. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

Day of Procedure:

If you take medication, you may have it the morning of the procedure. You **may** brush your teeth.

- You **must** be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, go home in a taxi or by bus.
- You may continue to drink clear liquids until 3 hours before the exam.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!

Good Luck! This is the hardest part of the procedure.

Please allow a 48 hour notice for cancellation or there will be a \$100 charge.

Please visit us on the web at GreaterOrlandoGI.com !