

How to prepare your bowel for your colonoscopy with Miralax

Follow these instructions carefully. Your doctor must be able to see in order to do the test right. If your bowel isn't clean enough, then your doctor may not see important things, like polyps or cancer, and may even have to do the test again.

1 week before your procedure

Ask about your medications

Call our office at 207-294-8540 and ask to speak to the medical assistant if you:

- Have diabetes.
- Take any blood thinners like:
 - Coumadin, Warfarin, Jantoven, Plavix, Eliquis, Pradaxa, Xarelto, ASA, Savaysa, and Brilinta.
 - If you have a pacemaker or defibrillator.
 - use a walker, wheelchair, or cane to help you get around.
 - have any difficulty hearing or you need an interpreter.

Arrange for someone to drive or escort you home from the procedure

You will be very sleepy after the procedure and it is not safe for you to go home without an escort. Someone will either need to drive you home or go with you in a taxi or on public transportation.

5 days before your procedure

Buy these supplies at your pharmacy

- One 238 gram bottle of Miralax.
- 1 box of Dulcolax (you will need 2 tablets from the box).
- Two 32 ounce bottles of Gatorade (not red or purple).

2 days before your procedure

Start a Low Residue Diet (see instruction sheet)

- You may only eat foods listed on the instruction sheet. You will have these foods for breakfast, lunch and dinner and any snacks.

1 day before your procedure

Stay on your Low Residue Diet for breakfast and lunch

- Do not eat solid food after 12 noon. You will not eat solid food again until after your procedure.
- You may drink clear liquids through the day and all the way up until 4 hours before your procedure (see instruction sheet for information about clear liquids).

Start your bowel clean out

- At 8 a.m., take 2 Dulcolax tablets.
- At 3 p.m., prepare and drink the Miralax mixture by following these steps:
 1. Take one of the 32 ounce bottles of Gatorade and empty out about $\frac{1}{4}$ of the bottle in to the sink to make room for the Miralax.
 2. Pour the entire 238 gram bottle of the Miralax powder in to the Gatorade bottle and mix gently until dissolved.
 3. Drink 8-ounces, or about $\frac{1}{4}$ of the bottle of mixture every 20-30 minutes.
 4. When you have finished drinking all of the mixture, wait 20-30 minutes and then start drinking your second bottle of Gatorade. This bottle should be only Gatorade. You will drink 8 ounces of the Gatorade every 20-30 minutes.

For More Information

Please call our office at 207-294-8540
between the hours of 8 a.m. and 5 p.m. if you have any questions



Answers to common questions

Can I drive myself home after my colonoscopy?

No. You will get medication that makes you sleep during the test. That means you cannot drive home. You will need to have someone drive you home after the colonoscopy.

You may take public transportation or a taxi home but because you will be very sleepy, you are not allowed to leave without an adult escort.

Will my insurance cover it?

If this is a screening colonoscopy (a scheduled test to look for signs of cancer), we urge you to contact your insurance company as to whether this is covered under your insurance policy.

If a screening is not covered, SMHC Physician Services will be happy to make payment arrangements with you.

What if I take fish oil or an iron supplement?

Stop taking these things one week before your colonoscopy.

What if I have asthma?

Please bring your asthma rescue inhalers to the hospital when you come for your colonoscopy.

Important Information



Remember:
You will need someone to help you get home from your colonoscopy

Low Residue Diet Information

Start a low residue diet 2 days before your colonoscopy. Eating these foods will make it easier for the doctor to examine your colon.

Food Group	Foods you can have	Foods you cannot have
Milk & Milk products	Skim milk Do not have more than 2 cups a day of milk products	Do not have more than 2 cups a day of milk products
Vegetables	Only these COOKED vegetables: yellow squash (without seeds) pumpkin eggplant potatoes (white or sweet) without skin tomato sauce & paste	ALL raw vegetables corn potato skins any cooked vegetable not on the foods you can have list
Fruits	Ripe bananas Melons applesauce	All fruits not on the foods you can have list
Starches-Bread & grains	Bread & cereals made from refined flours pasta white rice saltines tapioca	Whole grain breads, cereals and pasta bran cereal oatmeal brown rice
Meats or meat substitutes	Meat, poultry, and seafood Eggs Cottage cheese Mild flavored cheeses	Chunky peanut butter nuts, seeds, dried beans and dried peas tough gristly meats hot dogs and sausage Sardines fried meats Strongly flavored cheeses
Fats and oils	All oils, margarine, butter	Coconut oil fat used for deep frying
Sweets & desserts	Anything not containing foods on the foods you cannot eat list	Desserts containing nuts, coconut, raisins or seeds
Other	Vegetable juice without pulp	Popcorn, pickles, horseradish, relish

Here is an example of what you could eat in a day when you follow the low residue diet:

Breakfast:

- Orange juice (no pulp)
- Cornflakes
- Poached egg
- White toast with margarine and jelly
- Coffee with skim milk

Lunch or dinner:

- Fish
- White rice
- Cooked green beans

Snacks:

- White bread and margarine and jelly
- Applesauce

Clear Liquid Diet Information

Here is a list of things in a Clear Liquid Diet:

- strained fruit juices without pulp (apple, white grape, lemonade)
- water
- clear broth or bouillon
- coffee or tea (without milk or non-dairy creamer)

You may also have the following as long as they are not red or purple:

- Gatorade
- Carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit flavored drinks)
- Jell-O (without added fruits or toppings)
- Popsicles

Colonoscopy Checklist

Here is a checklist of things to do as you prepare for your colonoscopy. As you do each one, check it off. Make sure each box has been checked before coming in for your procedure.

Before you start

- Read these instructions.
- Purchase your supplies.
- Arrange for someone to drive you home from your colonoscopy.

Two days before your colonoscopy

- Eat breakfast — low residue diet foods only.
- Eat lunch — low residue diet foods only.
- Eat dinner — low residue diet foods only.
- Drink clear liquids throughout the day and evening.

One day before your colonoscopy

- Eat breakfast — low residue diet foods only.
- At 8 a.m., take 2 Dulcolax tablets.
- Eat lunch before 12 noon — low residue diet foods only.
- From 12 noon on, clear liquids only. No solid food.
- At 3 p.m., prepare and drink your Miralax mixture and your Gatorade.
- Continue your clear liquid diet. Only clear liquids for dinner and snacks.

The day of your colonoscopy

- Take your normal prescribed medicines 4 hours before your colonoscopy.
- You can drink clear liquids until 4 hours before your scheduled arrival time.
- Don't eat anything until after your procedure.