



# COLONOSCOPY PROCEDURE INSTRUCTIONS

## MiraLAX® 2 Day Prep

### Physician:

Dr. Pointer

Dr. Sharma

### Facility:

Southern Endoscopy Center  
330 Wallace Rd, Suite 103  
Nashville, TN 37211

**Date of Procedure:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

Please bring: your **insurance card, photo ID, medication list, and procedure co-payment** if you have one. **Your co-payment is due at the time of service. NO EXCEPTIONS.**

**You must bring a responsible driver with you.** If you do not have a driver, your procedure will be rescheduled. **NO EXCEPTIONS.** You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.

Please contact our office if you are unable to keep your scheduled procedure or if you should have any other questions: **615-832-5530.**

**If you had any biopsies taken, you will receive your results through the Patient Portal within 7-10 days of having your procedure.** If there are serious findings on the biopsy, you will be scheduled for a follow-up appointment to discuss the results and next steps.



**To prepare for your colonoscopy, please follow the instructions below.**  
**Failure to follow instructions could result in the cancellation of your procedure.**

### **Before Procedure**

- **See Page 4 for daily instructions on how to prepare for the colonoscopy**
- No alcoholic beverages or tobacco products should be used 24 hours prior to procedure.
- Arrange for a family member, friend, or caregiver to be present before, during and after the procedure.
- Arrange for someone to drive you home.

### **Day of Procedure**

- Brush your teeth, but do not swallow any water.
- Wear loose, comfortable clothing.
- Do not wear contact lenses. Wear your glasses instead.
- Leave all valuables at home, including wedding bands and other jewelry.
- Arrive at the facility 1 hour prior to your procedure. Plan to spend at least 4 hours at the facility.

### **Medications**

- **BLOOD THINNERS:** Please follow the below instructions regarding stopping your blood thinner, if applicable. Please note that we will confirm with your prescribing provider if it is safe to stop these medications.

**BLOOD THINNER:** \_\_\_\_\_

**HOW MANY DAYS TO STOP:** \_\_\_\_\_

- **NSAIDS:** Stop taking NSAIDS such as Advil, Aleve, ibuprofen, anti-inflammatories, and herbal products at least 7 days before your procedure.
  - (Examples: meloxicam, diclofenac, Fish oil, multivitamins, garlic, ginger, ginseng, goldenseal, mild thistle, saw palmetto, St. John's Wort and Valerian)
- **BLOOD PRESSURE MEDICATIONS:** Continue taking your prescribed blood pressure medications including the day before and the day of your procedure.

- **DIABETES MEDICATIONS:** (Unless instructed otherwise by your primary care physician or your endocrinologist)

	ONE DAY BEFORE your procedure	DAY OF your procedure
Type 2 Diabetes	<ul style="list-style-type: none"> <li>✓ Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids.</li> <li>✓ Check your blood sugars at least twice (in the morning before beginning your clear liquids and at bedtime).</li> </ul>	<ul style="list-style-type: none"> <li>✓ <b>DO NOT</b> take any oral diabetes medications, such as glipizide (generic for Glucotrol) or pioglitazone (generic for Actos).</li> <li>✓ <b>You may continue</b> metformin (generic for Glucophage)</li> <li>✓ Check your blood sugar in the morning before your arrival time.</li> </ul>
Type 1 Diabetes	<ul style="list-style-type: none"> <li>✓ Contact your Endocrinologist or Diabetic Care Provider.</li> </ul>	<ul style="list-style-type: none"> <li>✓ If you take any long-acting insulin, take half the dose.</li> <li>✓ <b>DO NOT</b> take any short-acting insulin (Insulin Regular, Aspart, Lispro) unless you are using a sliding scale.</li> <li>✓ Check your blood sugar in the morning before your arrival time.</li> </ul>

- **DIURETICS/WATER PILLS: DO NOT** take your diuretic the day before your procedure. You can resume taking your diuretic after your procedure, that same day. Diuretics include furosemide (generic for Lasix), hydrochlorothiazide, and triamterene/hydrochlorothiazide (generic for Maxzide).
- **OTHER MEDICATIONS:** Take thyroid (i.e., levothyroxine/Synthroid), seizure, anti-anxiety, anti-depressant, anti-psychotic medication, and aspirin 81 mg as normal



## Preparing For Your Colonoscopy

### 7 Days Before Colonoscopy

- Pick up the following over the counter medications:
  - **Two bottles of** 238gm/8.3 oz bottle of MiraLAX® (polyethylene glycol)
  - **Two bottles of** 64oz bottle of Gatorade® or (Gatorade® Zero if you are diabetic), that is **not** red or purple in color
- Confirm your driver
- Review your medications and make note of any recommended changes ([see pages 2-3 for recommended changes](#))
- **Stop** all fiber supplements (which includes powders, gummies, tablets, and capsules) such as Metamucil, Citrucel, and Benefiber
- Start a low fiber diet ([see pages 9-10 for detailed instructions on a low fiber diet](#))

### 2 Days Before Colonoscopy

#### **8:00 am**

- Start a clear liquid diet as soon as you awake in the morning
- **No solid foods the entire day**
- Review your medications and make note of any recommended changes ([see pages 2-3 for recommended changes](#))
- First thing in the morning, mix all of the MiraLAX® bottle into your 64oz bottle of Gatorade® until dissolved and place in the refrigerator. You should not have any MiraLAX® left.
- Drink plenty of fluids all day

<b>Clear Liquid Diet</b>	
<b>What to Eat</b>	<b>What to Avoid</b>
Gelatin/Jello, but not red, blue or purple in color	NO SOLID FOODS
Fat-free yogurt, fat-free pudding (vanilla flavor only)	NO SOLID FOODS
Fat-free milk, Fat-free, clear broth (strain all pulp and fat, no <b>beans</b> , or veggies)	Do NOT drink anything with particles, oil or fat. Strain first
Clear Liquids (nothing that is red, blue, or purple): water, sports drinks, sodas (Coke or Pepsi are okay), clear juice with no pulp, <b>coffee</b> , and tea (sugar is okay), Italian ice	No red, blue, or purple drinks (e.g., sports drinks, sodas, juices). No orange or pineapple juice or any juice with pulp

## 10:00 am

- Drink one 8-ounce glass every 15-20 minutes until you have finished HALF of the bowel preparation.

## 6:00 pm

- Drink the remaining half of the mixture. Drink one 8-ounce glass every 15-20 minutes until you have finished ALL the bowel preparation. If working properly, you will begin to have diarrhea within 4 hours. Continue to hydrate with clear liquids before bedtime.

Normal Prep Side Effects		Abnormal Prep Side Effects	
Normal	What to do	Abnormal	What to do
<b>Diarrhea</b> • <b>Bloating</b> • <b>Chills</b> • <b>Cramps</b> • <b>Nausea</b> • <b>Vomiting</b> • <b>Headache</b> • <b>Irritation of rectal area</b>	• Drink slower • Take breaks • Drink the mixture cold, or with some ice • Drink through a straw	• Skin rash or itching • No bowel movements within 4 hours of finishing your evening prep	• Stop drinking the bowel preparation • Call our office at (615) 832-5530 • For emergencies, call 911

## 1 Day Before Colonoscopy

### 8:00 am

- Continue the clear liquid diet
- **No solid foods the entire day**
- Review your medications and make note of any recommended changes ([see pages 2-3 for recommended changes](#))
- First thing in the morning, mix the mix all of the MiraLAX® bottle into your 64oz bottle (or **two** 32 oz bottles) of Gatorade® until dissolved and place in the refrigerator. You should not have any MiraLAX® left.
- Drink plenty of fluids all day

## 5:00 pm

- Start bowel preparation this evening. Drink one 8-ounce glass every 15-20 minutes until you have finished HALF of the bowel preparation (either half of the 64 oz bottle or one full 32 oz bottle).
- You must drink an additional 32 oz of clear liquids over the next hour.
- If working properly, you will begin to have diarrhea within 4 hours.

Normal Prep Side Effects		Abnormal Prep Side Effects	
Normal	What to do	Abnormal	What to do
<b>Diarrhea</b> • <b>Bloating</b> • <b>Chills</b> • <b>Cramps</b> • <b>Nausea</b> • <b>Vomiting</b> • <b>Headache</b> • <b>Irritation of rectal area</b>	• Drink slower • Take breaks • Drink the mixture cold, or with some ice • Drink through a straw	• Skin rash or itching • No bowel movements within 4 hours of finishing your evening prep	• Stop drinking the bowel preparation • Call our office at (615) 832-5530 • For emergencies, call 911

## Day of Colonoscopy

### 12:00 am/Midnight

- **Stop the clear liquid diet**
- **No solid foods**
- Review your medications and make note of any recommended changes (**see pages 2-3 for recommended changes**)

### 5 Hours Before Your Arrival Time

- Drink the second half of the bowel preparation **AND** finish it no later than 2 hours before your arrival time
- **No solid foods and no clear liquid diet**
- Review your medications and make note of any recommended changes (**see pages 2-3 for recommended changes**)

### 2 Hours Before Your Arrival Time

- You should be finished drinking your bowel preparation at this time.
- Take any approved medications at least 2 hours before your procedure time.



- Remember, **DO NOT eat or drink anything AT ALL within two hours of your procedure time, or your procedure WILL BE CANCELLED.**

### **After Your Colonoscopy**

- Your nurse will continue to monitor your heart, breathing, and blood pressure.
- Many people feel bloated and have stomach cramps after a colonoscopy. This is normal and goes away by passing gas.
- Once you're fully awake, your nurse will remove your IV.
- If you have someone waiting with you, your nurse will explain your discharge instructions to both of you before you go home.

### **After Your Colonoscopy**

- You may begin eating light foods as soon as you're discharged. Avoid spicy, greasy, and fried foods at first. Work your way up to your normal diet. If your doctor wants you to limit your diet for a period of time, this will be discussed with you at discharge.
- You can go back to doing your usual activities 24 hours after your procedure.
- Don't drink alcoholic beverages for 24 hours after your procedure.
- If you had a biopsy, it's normal to have a small amount of bleeding from your rectum. There should be no more than a few drops of blood, and the bleeding should stop within 24 hours after your procedure.
- After a colonoscopy, it's normal for your bowel movements to be irregular or different from your usual habits. This may last for up to a week after your procedure.

### **When to Call Your Healthcare Provider**

Call your healthcare provider if you have any of the following:

- A fever of 101° F (38.3° C) or higher
- Serious stomach pain or bloating
- Bleeding from your rectum that lasts more than 24 hours
- Bleeding between bowel movements
- Weakness, faintness, or nausea
- Heavy bleeding from your rectum



## **Frequently Asked Questions**

### **1. How long will I be at the facility?**

You should expect to spend at least 4 hours in our procedure unit. Your driver should stay nearby the entire time. They will be required to sign you out at the end of the procedure.

**If you do not have a driver, your procedure will be rescheduled.**

### **2. I have an ostomy, are there any special instructions?**

If you have an ostomy, please bring a new set of supplies as it may need to be changed.

### **3. I'm taking the prep and started having loose, watery stool before I finished it. Do I still need to take the rest of the prep?**

Yes. You must drink all the prep to fully clean out your colon for a safe and complete colonoscopy.

### **4. I feel like throwing up (nausea) or did throw up (vomit) after taking the bowel prep. What should I do?**

Many people feel nauseous during the prep process. If you feel like vomiting, you should drink slowly and take a break. This means you should stop drinking the liquid for 30 to 45 minutes to let your stomach empty. While you take a break, put your prep liquid in the fridge. After your break, try to slowly drink the prep again. Use a straw if you have one.

If you do vomit, take a 30-to-45-minute break. If you have anti-nausea medication at home, you can take one dose before starting the prep again. You can drink any clear liquids you like to drink to stay hydrated. It's important that you drink all the prep liquid to fully clean out your colon for a safe and complete colonoscopy.



## Low Fiber Diet Prior to Colonoscopy

Recommended Foods	Foods to Avoid
<b>Dairy</b>	
Milk, cream, hot chocolate, buttermilk, cheese (including cottage cheese), yogurt, sour cream	<b>No yogurt mixed with</b> nuts, seeds, granola, fruit with skin or seeds (i.e., berries)
<b>Bread and Grains</b>	
Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) White rice Plain crackers, such as Saltines Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	<b>No whole grains or fiber</b> Brown or wild rice Whole grain bread, rolls, or crackers Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) Bread or cereal with nuts or seeds
<b>Meat</b>	
Chicken, turkey, lamb, lean pork, veal fish and seafood, eggs, tofu	No tough meat with gristle
<b>Legumes</b>	
None allowed	Dried peas (including split or black-eyed) Dried beans (including kidney, pinto, garbanzo, or chickpea) Lentils Any other legume
<b>Fruits</b>	
Fruit juice without pulp Applesauce Ripe cantaloupe and honeydew Canned or cooked fruit without seeds or skin	<b>No seeds, skin, membranes, or dried fruit</b> Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) Any cooked or canned fruit with seeds or skin Raisins or other dried fruit

Recommended Foods	Foods to Avoid
<b>Vegetables</b>	
Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) Potatoes without skin Cucumbers without seeds or peel	<b>No raw, skin, seeds, peel, or certain other vegetables:</b> Corn, potatoes with skin, tomatoes, cucumbers with seeds and peel, cooked cabbage or Brussels sprouts, green peas, summer and winter squash, lima beans, onions
<b>Nuts, Nut Butter, and Seeds</b>	
Creamy (smooth) peanut or almond butter	<b>No nuts or seeds:</b> Nuts including peanuts, almonds, walnuts Chunky nut butter Seeds such as fennel, sesame, pumpkin, or sunflower
<b>Fats and Oils</b>	
Butter or margarine Vegetable and other oils Mayonnaise Salad dressings made without seeds or nuts	<b>No salad dressing made with seeds or nuts</b>
<b>Soups</b>	
Broth, bouillon, consommé, and strained soups Milk or cream-based soup, strained	No unstrained soups, chili, lentil soup, dried bean soup, corn soup, or pea soup
<b>Desserts</b>	
Custard Plain pudding Ice cream, sherbet, or sorbet Jell-o or gelatin without added fruit and red or purple dye Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	Coconut Anything with seeds or nuts Anything with red or purple dye Cookies or cakes made with whole grain flour, seeds, dried fruits, or nuts