



DIGESTIVE & LIVER
HEALTH SPECIALISTS

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: _____

***FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A CANCELLATION
AND YOUR PROCEDURE WILL BE RESCHEDULED***

WHAT TO BRING:

- Insurance Card
- Photo ID
- Medication List
- Co - Payment *due at time of service, NO EXCEPTIONS*
- Driver - You will be sedated for this procedure. You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. If you do not have a driver, your procedure will be rescheduled. NO EXCEPTIONS **You may NOT use Uber, Lyft or a taxi for this.**

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

Office: (615) 832-5530 www.thegidocs.com

MEDICATIONS

- **BLOOD THINNERS:** Please follow the below instructions regarding stopping your blood thinner, if applicable.

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.
 - o (Examples: meloxicam, diclofenac, Fish oil, multivitamins, garlic, ginger, ginseng, goldenseal, milk 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 PROCEDURE
TYPE 2 DIABETES	Take ½ of the usual dose of your diabetes medications including Insulin and oral medications in the morning before you start your clear liquid diet.	<ul style="list-style-type: none"> • DO NOT take any oral diabetes medications, such as glipizide (Generic for Glucotrol) or pioglitazone (Generic for Actos). • You may continue metformin (generic for Glucophage) • Check your blood sugar the morning of the procedure.
TYPE 1 DIABETES	Contact your Endocrinologist or Diabetic Care Partner	<ul style="list-style-type: none"> • If you take any long acting insulin, take half of the dose • DO NOT take any short-acting Insulin (Insulin Regular, Aspart, Lispro) unless you are using a sliding scale • Check your blood sugar the morning of the procedure

- **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, antipsychotic medication, and aspirin 81 mg as normal

BEFORE YOUR COLONOSCOPY

7 DAYS BEFORE PROCEDURE:

- Pick up the following over the counter medications:
 - **Two bottles of** 238gm/8.3oz bottle of MiraLAX® (polyethylene glycol)
 - **FOUR** Dulcolax® (bisacodyl) 5mg laxative tablets
 - **Two bottles of** 64oz bottle of Gatorade® or (Gatorade® Zero if you are diabetic), that is **not** red or purple in color
 - 1 box **Gas-X** 125 mg Chewable or Softgels (simethicone). (**You will only need 4 tablets**)
- Confirm who will drive you home after your procedure ***no lyft/uber/or taxi***
- **Stop** all fiber supplements (powders, gummies, tablets, or capsules such as Metamucil, Citrucel, and Benefiber)
- **Stop** all Iron supplements.
- Start a low fiber diet (SEE HANDOUT FROM CLINIC NURSE)

2 DAYS BEFORE PROCEDURE:

FIRST THING IN THE MORNING:

- **Start a CLEAR LIQUID DIET** (DRINK PLENTY OF FLUIDS!)
- Mix one full MiraLAX® bottle into one 64oz bottle of Gatorade® until dissolved and place in the refrigerator. **You should have one bottle of MiraLAX and one bottle of Gatorade® left.**
- **No solid foods the entire day**
- No alcoholic beverages or tobacco products until after procedure

CLEAR LIQUID DIET	
What to Eat	What to Avoid
<ul style="list-style-type: none">- JELLO - no red, blue, orange or purple flavors - Clear broth (strain all pulp and fat, no noodles, no beans, or veggies)- Clear Liquids water, juice, sports drinks, sodas (Coke or Pepsi are okay), clear juice with no pulp, coffee (no creamer), tea (sugar is okay), Italian ice and popsicles	<p>NO SOLID FOODS</p> <ul style="list-style-type: none">- Do NOT drink anything with particles, oil or fat. Strain first- No red, blue, orange or purple drinks (e.g., sports drinks, sodas, juices). No orange or pineapple juice or any juice with pulp

10:00 AM:

- **START BOWEL PREP:** Drink one 8-ounce glass every 15-20 minutes until you have finished **HALF** of the bottle.

6:00 PM

• **FINISH THE BOWEL PREP** Drink the remaining half. Drink one 8-ounce glass every 15-20 minutes until you have finished **THE REST** of the bottle. If working properly, you will begin to have diarrhea within 4 hours.

****Once you have finished the first bottle, take 2 Gas X tablets.**

<u>NORMAL side effects:</u> Diarrhea, bloating, chills, cramps, nausea, vomiting, headache, irritation of rectal area.	<u>ABNORMAL side effects:</u> Skin rash or itching, No bowel movement within 4 hours of starting bowel prep
<u>What to do:</u> Drink <i>slower</i> , take breaks (30-45 min to let your stomach empty), drink the mixture cold, with some ice, drink through a straw, it's important that you drink ALL the prep liquid to fully clean out your colon.	<u>What to do:</u> Stop drinking the bowel preparation, Call our office at (615) 832-5530 , For emergencies – call 911

1 DAY BEFORE PROCEDURE:

FIRST THING IN THE MORNING:

- Mix all of the MiraLAX® bottle into your second 64oz bottle of Gatorade® until dissolved and place in the refrigerator. **You should not have any miralax left.**
- **CONTINUE CLEAR LIQUID DIET** (DRINK PLENTY OF FLUIDS!)
- **No solid foods the entire day**
- No alcoholic beverages or tobacco products until after procedure

3:00 PM

- Take **FOUR** Dulcolax tablets (5mg each) with water.

5:00 PM

• **START BOWEL PREP:** Drink one 8-ounce glass every 15-20 minutes until you have finished **HALF** of the bowel prep (half of the 64oz 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.

DAY OF COLONOSCOPY

12:00 am/MIDNIGHT

• **NOTHING TO EAT OR DRINK UNTIL PROCEDURE**

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. ** If you have an ostomy, please bring extra supplies as it may need to be changed **
- Arrive at the facility 1 hour prior to your procedure. Plan to spend at least 4 hours at the facility. 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.**

5 Hours Before Your Arrival Time

- **FINISH THE BOWEL PREP**
- **Nothing else to eat or drink. No solid foods and no clear liquid diet.**
****Once you have finished the SECOND bottle, take 2 Gas X tablets.**

2 Hours Before Your Arrival Time

- **You should be finished drinking your bowel preparation at this time. You MUST finish ALL of your prep to fully clean out your colon for a safe and complete colonoscopy.** A poor bowel preparation can result in lesions, ulcers or polyps being missed, increased likelihood of complications, and the need to have the procedure repeated sooner.
- Take any approved medications at least 2 hours before your procedure time.
- Remember, **DO NOT drink anything AT ALL within two hours of your procedure time, or your procedure WILL BE CANCELED.**

AFTER YOUR COLONOSCOPY

- Many people feel bloated and have stomach cramps after a colonoscopy. This is normal and goes away by passing gas, moving around, belching.
- 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.
- 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.
- 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. **You will receive your results through the Patient Portal within 7-10 days of having your procedure. We will go over the results with you at your follow up appointment.**