



COLONOSCOPY INSTRUCTIONS (MIRALAX PREP)

BEFORE YOUR COLONOSCOPY

Obtain one 238 gram bottle of MiraLAX and 1 package of Dulcolax (bisacodyl) 5 mg tablets.
Obtain two 32 ounce bottles of Gatorade, any flavor. Not red or purple in color.

IF YOU ARE TAKING COUMADIN (warfarin): call the anticoagulation clinic or your primary doctor to get instructions about what to do with your coumadin (in general, we recommend stopping this 5 days before the procedure, but you may need additional special instructions).

IF YOU HAVE DIABETES:

Follow these guidelines unless otherwise instructed by your primary care doctor or Endocrinologist:

- On the day before the procedure:

Take half of the usual dose of your diabetes medications

- On the day of the procedure:

Do not take any oral diabetes pills (such as metformin or glucophage, glipizide, Actos)

If you take long-acting insulin, take one half the dose

Do not take any short-acting insulin unless you are using a sliding scale

IF YOU TAKE ASPIRIN:

If you have a cardiac stent, please do not stop aspirin. If you have any questions about this please check with your doctor or cardiologist before the procedure. **All other patients must stop no less than 14 days prior to the procedure.**

IF YOU ARE TAKING PLAVIX OR AGGRENOX:

PLEASE check with your cardiologist or primary care doctor about special instructions for these medications. Do not stop them unless advised to.

14 days before, stop taking anti-inflammatory medications like Advil, Motrin, Aleve and Naprosyn & iron supplements, herbal medications, vitamins, and fish oils.

LOW FIBER DIET 5 DAYS BEFORE THE COLONOSCOPY:

Foods to Avoid 5 days before the procedure:

- Any food containing seeds, nuts & popcorn
- Raw vegetables with a skin, seeds, corn, broccoli, cabbage, dried beans or peas
- Whole grain bread or pasta, brown or wild rice, cereal such as oatmeal, shredded wheat & granola
- Fruit with skins
- Tough meat with gristle
- Fatty foods

Allowed food 5 days before the procedure:

- Enriched white bread, pasta and noodles, white rice, potatoes without skin
- Canned or well cooked vegetables without seeds or skin
- Canned fruit or fresh fruit without skin or membranes
- Tender meat, chicken, or fish

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DAY BEFORE THE COLONOSCOPY

NO SOLID FOOD

NO ALCOHOL

CLEAR LIQUIDS ALL DAY (such as broth, water, flavored water, Gatorade, apple juice, white grape juice, sprite, ginger-ale, jello, popsicles). Avoid milk, shakes, smoothies, juices that are red or purple, orange juice.

CONFIRM THAT YOU HAVE A DRIVER WHO WILL COME WITH YOU TO THE APPOINTMENT. THE PROCEDURE WILL NOT BE DONE UNLESS YOU HAVE A DRIVER.

PLEASE take your regular medicines the day before your procedure unless advised otherwise as above. If you normally take them in the morning. (Take them 1 hour prior to drinking your prep solution so that the medicines have time to absorb.)

BOWEL PREPARATION:

Mix $\frac{1}{2}$ of the MiraLAX 238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator.

2 p.m. take four 5 mg Dulcolax (bisacodyl) tablets with water and continue clear liquids.

4 p.m. Begin drinking the Gatorade/MiraLAX solution from one of the Gatorade bottles at a rate of 8 ounces every 15 minutes (over 60-90 MINUTES until the first bottle is gone).

In about $\frac{1}{2}$ to 1 hour you will have bowel movements that should continue until the stool water appears yellow in color and relatively clear.

6 p.m. Begin drinking the **second** Gatorade/MiraLAX solution from the Gatorade bottle at a rate of 8 ounces every 15 minutes (over 60-90 MINUTES until the second bottle is gone).

You can have clear liquids to remain hydrated until Midnight.



THE DAY OF THE PROCEDURE

NO SOLID FOOD

NO LIQUIDS

PLEASE take your regular medicines the day before your procedure (unless advised otherwise as above). You may take your medications with sips of water.

Please DO NOT chew gum or suck on hard candy

Do not wear contact lens

TRANSPORTATION: Since a colonoscopy involves the use of anesthesia/sedation, you MUST have someone drive you home and stay with you during the following 4-6 hours (NO TAXI DRIVERS). They should also remain in the clinic during your procedure so the physician may speak with them once you are in recovery.

ADDITIONAL INFORMATION ABOUT COLONOSCOPY

Bowel preparation (cleansing) is needed to perform effective colonoscopies. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. It is very important that you read the instructions well in advance and follow them completely to ensure a successful exam. Please follow these instructions **COMPLETELY**. Call our office prior to starting the bowel prep if you have any questions.

WHAT TO WEAR:

Wear comfortable, loose fitting clothes that are easy to step into. Wear flat shoes or sneakers. Do not wear any jewelry or bring valuables.

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