



Gatorade/Miralax Prep

We at Huron Gastro are happy that you and your physician have made the choice to trust us with your digestive healthcare. By scheduling a colonoscopy, you have taken the first step to preserving your health for years to come.

If you have cirrhosis, congestive heart failure or kidney failure you should not take this prep and instead use the Golytely prep (see website or contact us since a prescription is required).

We want your procedure to go as smoothly as possible. In order for that to happen, there are some tips we have included in this bowel prep sheet. Now, here's what to do to get ready:

3 Days Before Your Procedure

- * **Obtain Miralax (Polyethylene Glycol) from your pharmacy.**

It comes in a 8.3 oz (238 gm) bottle. Generic equivalent is ok. No prescription is needed.

- * **Obtain Dulcolax laxative (not stool softener) from your pharmacy.**

You need a total of 4 Dulcolax laxative tablets. It is okay to substitute a less expensive generic for brand name Dulcolax. No prescription is needed.

- * **Obtain a total of 64 ounces of Gatorade.**

You can either buy one 64 ounce bottle or two 32 ounce bottles.

- Avoid red colors. These can make it harder for the doctor to perform an accurate exam.
- If you have diabetes you can try "G2" (low calorie Gatorade) or "Powerade Option/Zero" as another choice. Don't use just water, "Smart Water" or "Vitamin Water".

2 Days Before Your Procedure

- * **Avoid nuts, seeds, and salads.**

These can make it harder for your doctor to perform an accurate exam.

1 Day Before Your Procedure

- * **Follow a clear liquid diet all day today. Drink lots of clear liquids to keep well hydrated!**

A clear liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and must be black, no cream or non-dairy creamer), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). Avoid red colors. No milk products.

Do not eat any solid food.

- * **Swallow 2 of the Dulcolax tablets at about 1pm.**

- * **At about 5:00 p.m. (start earlier at about 3:00 p.m if your schedule allows) mix your Gatorade and the entire container of Miralax and begin drinking.**

- Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved.

◦ Start by drinking 8 ounces of the mix every 15-30 minutes **but save the last 2 glasses (about 16 oz) for tomorrow morning.** If you start to feel nauseated **you can drink the mix more slowly.** Some patients tell us that walking around relieves nausea.

◦ Most people will begin to have diarrhea usually within 2 hours after drinking the mix. Eventually, the diarrhea should be thin light-colored liquid with no pieces. Although this is unpleasant, it allows the doctor to perform an accurate exam.

* Swallow the other 2 Dulcolax tablets at about 8pm (even if you haven't completed the Gatorade).

Day of Your Procedure

* Drink the last 2 glasses (about 16 ounces) of the mix 4-6 hours prior to your scheduled procedure. If you have an early morning procedure, this may require you to awaken very early!

* **Stop drinking all fluids (including clear liquids and water) 4 hours prior before your procedure. (You may have a few sips of water only to take medications.) Keep an empty stomach!**

* **Do not eat any solid food.** Avoid chewing gum and hard candy.

Overview:

3 days before	2 days before	1 day before	Day of Procedure
<ul style="list-style-type: none"> - Buy Miralax - Buy Dulcolax - Buy Gatorade 	<ul style="list-style-type: none"> - No nuts, seeds, salads 	<ul style="list-style-type: none"> - Begin a clear liquid diet - Take 2 Dulcolax tablets at 1pm - Mix entire container of Miralax and Gatorade at 5pm - Drink 8 ounces of mix every 15-30 min <u>but save the last 2 glasses (16 ounces) for tomorrow morning</u> - Take 2 Dulcolax tablets at 8pm 	<ul style="list-style-type: none"> - No solid food - 4-6 hours prior to your procedure time, drink the last 2 glasses (about 16 ounces) of mix - <u>Stop drinking clear liquids 4 hours before procedure</u> - Do not eat any solid food



Colonoscopy

Important! This exam requires that you have an empty stomach. Stop drinking all fluids (including clear liquids and water) 4 hrs before the exam (minimal sips are allowed to take your usual medications). Avoid gum and hard candy.

Medications

- If you take insulin or other diabetic medicines, dosage adjustments will be provided for you. Bring your insulin with you so that you can take it after the procedure if necessary.
- If you are on blood thinners such as Coumadin, Plavix (clopidogrel), Pradaxa, Effient, etc., let us know at the time of scheduling because they may need to be held.
- If you are taking any prescribed or over-the-counter diet pills, you should stop taking them 2 weeks (14 days) before your procedure. Failing to stop these medications 14 days in advance of your procedure may result in anesthesia complications and your procedure will need to be rescheduled.
- All other meds should be taken at their usual time with a few sips of water. Iron supplements are usually held 5 days before the exam.

What is it and why do I need it?

Colonoscopy is an endoscopic procedure that uses a tiny camera attached to a long scope to examine the large intestine (the colon). It is most often used to screen for colon cancer with the goal of removing polyps (small growths) that could become cancerous in the future. With no family history of colon cancer, most should begin screening at age 50. Colonoscopy is also frequently used to diagnose problems associated with diarrhea, bleeding, etc.

The preparation

You must have someone at least 18 yrs old with you during the entire time including check-in, recovery, and to drive you home after the exam (a taxi or bus is not an option).

Before your colonoscopy, you must take a colon-cleansing product to clear the stool from your colon. Bowel preparation is no fun, but is very important to ensure that your physician has optimal visualization of your colon during the procedure. Careful attention to detail will help avoid the need to reschedule or repeat your exam.

Please read your prep instructions immediately because the preparation process begins several days before your procedure!

The risks

You will be asked to sign a consent form at the time of the exam. The risks of colonoscopy are low (under 1%), but do include bleeding (which rarely can occur days later if a large polyp is removed), perforation, infection, tearing of the lining, aspiration, spleen injury, medication reactions and heart/lung problems. If you have any concerns about these risks, please contact your physician before your procedure. You will also be able to discuss this with your physician at the time of the exam.

The procedure

The entire process, from when you arrive to when you leave, may take 2-3 hours. In the preparation area, you will be asked questions about your health history. Your procedure will take about 20 minutes and you will be sedated for it. Once you are asleep, the colonoscope will be inserted through your rectum and around the colon. Your physician will then withdraw it looking for any abnormalities that need to be biopsied, removed or treated. If polyps are found, they will be removed.

After the procedure

Most patients experience little if any discomfort. You may have a full feeling so you will be encouraged to pass gas. In the recovery unit, your physician will discuss the results with you and give you discharge instructions. You and your driver will remain in the recovery unit until your sedation has worn off to a satisfactory level. After discharge, you may resume your usual diet and light activities and return to work the following day. However, **you may not drive, make important decisions or operate machinery the rest of the day.** A report will be sent to your referring physician. If any biopsies are taken, you will be contacted with the results.

Some degree of apprehension is normal but most of our patients find the procedure to be less unpleasant than they anticipated. We will try to make your examination as comfortable as possible.

for more information visit our website at www.HuronGastro.com or call (800) 772-4659