

Appointment Date _____ PM MiraLAX Arrival Time _____

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

**** 10 DAYS BEFORE THE PROCEDURE** : Please contact your Primary Care Doctor or Cardiologist for specific instructions regarding stopping your blood/platelet thinner. If you are unable to stop your blood thinner, please call our office and speak dwcabin4@gmail.com with a nurse. (Warfarin/Coumadin/Jantoven, Pradaxa/Dabigatran, Xarelto/Rivaroxaban, Eliquis/Apixaban, Pletal/Cilostazol, Plavix/Clopidogrel, Effient/Prasugrel, Brillinta/Ticagrelor, Savaysa/Edoxaban, or Aggrenox/Dipyridamole. If your specific medical condition allows, it is safest if performed off these medications.

If you are on **INSULIN**, please contact your Primary Care Doctor or Endocrinologist for further instructions regarding insulin and clear liquid diet.

Continue taking your daily Aspirin as prescribed/recommended by your primary care physician.

4 DAYS BEFORE THE PROCEDURE: Stop taking iron tablets, fish oil, multivitamins that contain iron, Metamucil or any other bulk fiber.

STOP **THE DAY BEFORE THE PROCEDURE:** YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS, DAIRY PRODUCTS OR NON-DAIRY CREAMER ARE ALLOWED UNTIL YOUR PROCEDURES ARE COMPLETE. A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results so that there will be no need for retesting.

Tea and Coffee	Clear Juices	Powdered Lemonade	Vitamin Water	Carbonated
	Such as apple or White grape juice 			
NO DAIRY or Non Dairy Creamer	NO NO RED, ORANGE PURPLE	NO PULP	NO RED, ORANGE OR PURPLE	
Sports Drinks	Popsicles	BROTHS/COCONUT WATER	JELLO	Honey/Sugar
	 WITHOUT MILK OR ADDED FRUIT			
NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE		NO RED, ORANGE, OR PURPLE	

PREP DAY – THE DAY BEFORE YOUR PROCEDURE

1

1:00 PM the day prior to your procedure

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.

*You may use 64 oz. Of Propel Water if you require a sugar free solution



2

3:00 PM the day prior to your procedure

Take 4 (5mg) Dulcolax laxative tablets with an 8 oz. glass of water.



3

5:00 PM the evening prior to your procedure

Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled Gatorade/Propel.



4

5:00 PM the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE** (32 oz)



Diarrhea usually begins within an hour or two but may vary. You may notice some cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours after completing the MiraLAX. Stay close to a bathroom once you start the prep. You may use non -alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment for chaffing.

HOLD METFORMIN 12 HOURS PRIOR TO YOUR PROCEDURE

These directions are specifically for having an afternoon procedure. If you are having a morning procedure, please call our office for the correct instructions – OR your procedure may be cancelled by anesthesia.



DAY OF PROCEDURE :

Clear liquids must be limited to no more than 6 oz. after midnight until **FOUR HOURS** prior to your scheduled procedure. **EXAMPLE:** 2 pm procedure – no more than 6 oz of clear liquids must be consumed before 10 am, or your test may be cancelled.



6:00 AM THE MORNING OF YOUR PROCEDURE

Drink the OTHER HALF OF THE MIXTURE (32 oz.) Drink an 8 oz. glass of the mixture every 15 minutes until gone. **After completing the last half of the mixture, you may have no more than 6 ounces of clear liquids until FOUR Hours prior to your scheduled procedure.**

THE DAY OF THE PROCEDURE: NO SOLID FOOD, NO SMOKING, CHEWING TOBACCO OR E-CIGARETTES THE DAY OF THE PROCEDURE. Nothing in your mouth 4 hours prior to the procedure. **This includes gum, mints and WATER!**

4 Hours prior to your appointment: Please take **1 Simethicone Tablet 80-125 mg.** If your tablet is non-chewable please follow the fluid restrictions.

- You should **take your morning medications** , except for **Metformin** and **anticoagulants**
- If you are on **Insulin, please hold your morning dose.** (If your procedure is scheduled in the afternoon, **hold your Insulin until after the procedure.**)
- You may brush your teeth.

WHAT TO BRING WITH YOU?

- Please don't forget to bring your completed paperwork, insurance cards, copayment or any deductible due at time of service.
- If you do not use our patient portal website, please bring a list of all medications you are currently taking (this includes over the counter medications, herbs and vitamins).
- Bring your driver's license or photo ID.
- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes.
- **Do NOT wear jewelry or bring large amounts of cash with you.**

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE OF LEGAL AGE (18 YEARS OR OLDER) TO DRIVE YOU HOME. YOUR DRIVER MUST CHECK IN WITH YOU AND STAY IN THE BUILDING UNTIL YOU ARE DISCHARGED. YOU MAY NOT DRIVE, OR GO HOME BY UBER, TAXI OR TRANSPORTATION BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.

If you have any questions about the preparation, or if you need to cancel or reschedule your appointment, please call our office at 816 478 4887. Please give 48 hours' notice.

Shopping List:

- Gatorade or Propel water 64 ounces total – No Red, orange or purple, or Propel if sugar free is needed
- Four Dulcolax (Bisacodyl Tablets 5 mg) Laxative – Not stool softeners.
- 1 Bottle of MiraLAX Powder 8.3 ounces/238 grams
- 1 Simethicone tablet 80-125 MG chewable or oral.

Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of light yellow to dark yellow. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, **slow down** the rate at which you drink the solution or **stop** for 30 to 45 minutes. The nausea usually subsides when the bowels start moving. Please attempt to drink all the laxative solution **even if it takes you longer**. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 4 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do, I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do, I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.