Colonoscopy

Basic Facts and How to Prepare
MiraLAX Bowel Prep

Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States.

If you are 50 or older or have a family history of cancer, getting a colorectal screening can save your life. Here is how...

- Colorectal Cancer often starts from a non-cancerous growth called a polyp that is in the rectum or colon.
- A colonoscopy can find polyps so that they can be removed before they turn into cancer.
- A colonoscopy can also find colorectal cancer early when the chances of being cured is good.

Preparing for Your Exam

The colon must be cleared of all solid matter so that the doctor can see clearly.

If your colon is not clean your exam may be cancelled.

You will need to purchase medications for your Bowel Prep at your local pharmacy. (See list at the top of page 2.)

What to Bring to Your Exam

- Completed health history form
- An adult (18 years or older) to drive you home. You cannot take a cab, medical transport or bus unless someone is riding with you after your visit
- Insurance card
- All medications you are taking even over the counter medications, vitamins and supplements

Medications

Call your doctor for medication instructions at least one week before your exam if you:

- Take Diabetes Medication
- Have a heart valve replacement
- Take Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications

Arrive to your exam 1 hour before the appointment time
5 Days Before Exam
- Review Bowel Prep instructions
- Buy an 8.3oz bottle of MiraLAX (238 grams), Glycolax or PEG 3350 (generic)
- Buy 64 ounces of Gatorade or other sports drink (not red or purple color)
- Buy Bisacodyl 5mg (Dulcolax laxative tablets)

3 Days Before Exam
- Start a Low Residue Diet (see instruction sheet)
- Stop iron and fiber supplements
- Plan your ride home

2 Days Before Exam
- Stay on your Low Residue Diet

The Day Before Exam

Begin Clear Liquid Diet in the Morning
- Drink 8 glasses of water or clear liquids during the entire day.
- Do not have any solid food.
- Do not have any red or purple liquids.
- You can drink clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can also have hard candy.

At 12 Noon:
- Take 2 Bisacodyl tablets (Dulcolax laxative)
- In a large pitcher mix the entire bottle of MiraLAX with the Gatorade. Cover and refrigerate.

At 6pm:
- Drink 1 cup (8 ounces) of the MiraLAX mixture every 15 minutes until half of the pitcher is finished.
- Cover and refrigerate the other half of the MiraLAX mixture. You will drink this tomorrow morning.
- If you throw up, wait 30 minutes and begin drinking ¾ of a cup (6 ounces) every 15 minutes until half of the mixture is finished.

4 to 6 Hours Before Exam
- Take your doctor approved medication.
- It is okay to take aspirin, blood pressure medication, prednisone or other steroids.
- Drink the rest of the MiraLAX mixture (half bottle). Drink 1 cup (8 ounces) every 10 minutes until the pitcher is finished. Finish the mixture within 2 hours after you start drinking it.
- Do not skip this step. It is important to get the cleanest colon for a successful exam.
- Continue clear liquid diet until 2 hours before your appointment time.
- You may have to wake up very early if your exam is in the morning.
- Your stool should be a clear yellow liquid.

2 Hours Before Exam: Do Not Eat or Drink Anything. Your exam may be cancelled if you eat or drink anything.