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Colonoscopy Information and Instructions MiraLax/Gatorade

*You can find maps and directions to the facility on our website, www.nwcch.com, under Patient Resources.

If there are any changes to your medical history or medications, or you have recently been in the hospital or emergency department, please contact the clinic prior to coming in for your procedure.

Please call the clinic if you are having any illness symptoms such as fever, cough, shortness of breath, chest pain, confusion, new loss of taste or smell, congestion, nausea, or vomiting. We may need to reschedule your procedure until after your symptoms have resolved.

You will need to arrange for a safe ride home after your procedure and you should have a responsible adult accompany you. The facility cannot discharge you alone in a taxi, Uber, or public transportation. We can provide you with a list of approved medical transportation services if you have no one to accompany you. You should not drive or work the day of your procedure.

Your bowel prep prescription has been sent to your pharmacy. Please make sure to pick this up at least 7 days prior to your colonoscopy to ensure it is available when you need to start your prep instructions. If you have Medicare and your pharmacy requests a prior authorization or coupon, please call us and we can assist in ensuring a coupon is applied if applicable based on your insurance type.

To view your colonoscopy prep instructions in your portal, navigate to the My Health tab, and then to Medical Forms, and you should see it at the top under Signed Documents from your Provider. Please note: these forms may not be visible if viewing from a smart-phone or tablet. You can also find the instructions and answers to Frequently Asked Questions on our website, www.nwcch.com.

Please read all the instructions carefully at least two weeks in advance, including the diabetic guidelines if you are diabetic, or the extra prep instructions if you have been asked to take this step. Call our office if you have any questions or concerns regarding your approaching care.

Thank you,
The Colorectal Health NW physicians and staff

IMPORTANT:

Please read all instructions at least two weeks before your procedure.

In order to avoid a \$150 late cancellation fee, please call at least 7 business days prior to your appointment if you need to reschedule or cancel your appointment.

To reschedule or cancel, call 971-254-9884.

Colonoscopy Instructions

IF YOU ARE DIABETIC

- **Contact your PCP or endocrinologist to discuss proper glucose regulation during your prep.**
 - **Bring your oral hypoglycemic medication.** You can take it after the procedure is over if necessary.
 - **Oral hypoglycemic medications** generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure.
 - **AM Procedures:** You should hold the AM oral medication dose and take it after the procedure is over.
 - **PM Procedures:** You may take clear liquids in the morning up to 3 hours before the procedure. You may have sugared chewing gum or clear hard candies up to the time of the procedure if your blood sugar is low.
 - Your blood glucose and vital signs will be monitored before, during and after your procedure while at the facility.
 - **Patients taking insulin** should only take half (1/2) the usual scheduled dose before the procedure. Please call your prescribing provider with any questions regarding your medication.
 - **If you are taking Ozempic, Wegovy, or Saxenda injections for diabetes,** you will need an extra day of a liquid-only diet. **Begin a liquid-only diet 2 days prior to your procedure** and continue this until the day of your procedure. Follow all other instructions as indicated.
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GENERAL HINTS AND REMINDERS

- You may start having bowel movements within an hour or so of starting the prep or you may not start until after taking the second half of your prep. It is important to complete the entire prep as directed, even if you are having clear bowel movements before taking the second dose.
- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water-soluble lubricants for relief from any rectal irritation. **DO NOT** use Desitin ointment.
- The laxative will vary in how quickly it works from patient to patient. You may experience diarrhea within an hour, or you may have to wait several hours.
- Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
- Rinsing your mouth and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.
- Drinking the prep through a straw placed at the back of your mouth, putting a lid on your cup, and sucking on a hard candy or cough drop can also help while you take your prep.
- If you feel nauseated or bloated while taking the prep, you may stop the prep for 30-45 minutes one time and then resume.
- Make sure you finish the prep, even if your stool output is clear. This will ensure your physician will be able to clearly see your colon. If you have finished your prep and your output is still brown/cloudy, please call the clinic after 6 am.
- If you use reading glasses, please bring them with you as you will be asked to read and sign a consent form and discharge sheet.
- Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present when you are discharged and for at least 24 hours after your procedure.
- You should not work or drive after your procedure for the remainder of the day.

7 DAYS PRIOR

- **If you are currently taking any blood thinning medication you will need to discuss this with our scheduler.** We will coordinate with your prescribing provider to adjust your medication if necessary. Common blood thinning medications include Coumadin (Warfarin), Effient, Eliquis, Plavix (Clopidogrel), Pradaxa, Xarelto.
 - **STOP TAKING ANY NSAIDS** (full-strength Aspirin 325mg or higher, Advil, Aleve, Ibuprofen, Motrin, Naprosyn, Naproxen, Nuprin). You may take baby Aspirin 81mg if your PCP has instructed you to be on this medication. **You may take Tylenol.**
 - **STOP TAKING WEIGHT LOSS MEDICATIONS** including Phentermine, Ozempic, Wegovy, and Saxenda. You may resume these medications the day after your procedure.
 - **STOP ALL SUPPLEMENTS AND HERBAL MEDICATIONS** including but not limited to multivitamins, iron, Vitamin E, and fish oil.
 - **Buy your bowel preparation at least FIVE days before your colonoscopy. Purchase the following over the counter:**
 1. FOUR Dulcolax laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
 2. ONE 8.3oz bottle of MiraLAX or generic equivalent.
 3. TWO 32oz bottles of Gatorade (NOT RED OR PURPLE). People with diabetes should purchase Gatorade G2 (NOT RED OR PURPLE).
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2 DAYS PRIOR

- **DO NOT EAT** foods with significant fiber content: fruits, vegetables, popcorn, beans, whole grains, nuts or seeds.
- **DISCONTINUE ALCOHOL** until the day after your procedure.
- **DISCONTINUE fiber supplements** such as Metamucil, Citrucel, Benefiber, etc. If you tend to be constipated, take 2 tablespoons of Milk of Magnesia at 6pm.
- **CONFIRM YOUR RIDE** – no driving or working the day of your procedure.
- **DRINK PLENTY OF FLUIDS** – try to drink 2 liters (about 8-10 glasses) in a day.
- **EAT SMALLER MEALS** – the things you can eat or drink are listed below:
 - Well cooked, lean low-fat meats such as fish, shellfish, or poultry.
 - White rice, noodles, or white pasta
 - Cereal including cornflakes and crisped rice cereal, but not bran.
 - White bread, toast, and biscuits
 - Eggs, especially boiled or poached.
 - Butter, margarine, or cheese.
 - Milk, cream, or cottage cheese.
 - Potatoes without the skins (boiled, creamed, mashed, or baked).
 - Tofu
 - Gravy made from stock cubes (you can use plain flour or cornstarch to thicken).
 - Sugar or sweetener.
 - Clear Jelly (no mashed or chunky fruit pulp).
 - Water, cordial, fizzy drinks, clear strained soup, or clear stock.

THE DAY BEFORE

- **Mix ½ of MiraLAX bottle in each 32oz Gatorade bottle until dissolved. Store in the refrigerator until this evening. DO NOT ADD ICE.**
- **DO NOT EAT OR DRINK ANY DAIRY OR ANYTHING SOLID TODAY.**
- **BEGIN A CLEAR LIQUID DIET** when you get up this morning. **NOTHING RED OR PURPLE!** Refer to the liquid diet instructions for acceptable clear liquids. Water can get boring so keep a variety of clear liquids on hand. Drink a minimum of 8 glasses of water to avoid nausea while drinking prep.

CLEAR LIQUID DIET INSTRUCTIONS

This diet consists of clear liquids with little nutritional value and should be followed only for a short period of time. One or two days of this diet will not be a health risk. A clear liquid diet is defined as any liquid you can shine a light through, that is not foggy or cloudy, and is not red or purple. Listed below are approved and restricted clear liquid options.

- **BEVERAGES:** apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea or coffee (no milk, cream, or non-dairy creamer).
 - **DESSERTS:** italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy.
 - **SOUP:** clear broth or bouillion without noodles, begetables, etc.
 - **RESTRICTIONS:** AVOID any red or purple colored clear liquids, including gelatins, beverages, and ices.
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- **Beginning at 5:00 pm the evening before your procedure, take FOUR Dulcolax tablets.**
 - **Beginning at 6:00 pm the evening before your procedure**
 1. Drink 8oz of the **MiraLax/Gatorade** solution every 15 minutes for a total of four glasses (one bottle)
 2. Fifteen minutes later, drink an 8oz glass of clear liquid every 15 minutes for a total of two glasses.
 3. You may continue to drink clear liquids till midnight.

CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS ALL EVENING.
This is a necessary step to ensure adequate hydration and an effective prep.

DAY OF PROCEDURE

- **CONTINUE MiraLax/Gatorade PREP – 4 ½ hours before your check-in time on the day of your procedure.**
 1. Repeat steps 1-2 above with the second bottle of Gatorade/MiraLAX solution.
 2. You may continue to drink clear liquids up to three hours before your exam.
- **DISCONTINUE CHEWING TOBACCO PRODUCTS 8 hours** prior to your check-in time.
- **CONTINUE CLEAR LIQUID DIET UNTIL 3 hours** prior to your check-in time. **THEN DO NOT EAT OR DRINK (No chewing gum, mints, hard candies, etc)***until after your procedure. Having fluids in your stomach, even a lot of saliva, increases your risk for vomiting and possibly aspirating fluid into your lungs while you are sedated.
***If you are diabetic, see additional instructions on page 2.**
- **WEAR LOOSE, COMFORTABLE CLOTHING** and leave valuables at home.

Colonoscopy Frequently Asked Questions

If you have any questions about what to do, please call our office at 971-254-9884

How long is the procedure going to take?

The time from check-in to check-out is roughly 3 hours. The actual procedure takes approximately 15-60 minutes.

Can family or friends be in the room during the procedure?

No, friends and family are not allowed to watch the procedure.

Do I really need to have someone drive me home? Can I walk, or take a taxi or bus home?

You cannot drive yourself home because of the sedation you will receive, and you must be accompanied when you leave. The facilities cannot allow you to walk or take public transportation alone. We can provide you with a list of approved medical transportation services if you have no one to accompany you. If you are unable to secure transportation, we will need to reschedule your procedure.

Can I take my medications while doing my colon preparation?

If you take blood thinners (anticoagulants) or diabetic medications, you will be given specific instructions about them. All other medications not listed on your prep instructions should be taken as usual, including the morning of your procedure.

Can I continue my herbal supplements during prep?

No, please discontinue any supplements 1 week prior to your procedure.

Should I drink fluids with my preparation?

Yes, you should drink plenty of fluids (clear liquids, not red or purple) to avoid dehydration. The more you drink, the better your prep will work and the better you will feel after the prep. Please drink plenty of fluids up to your cut off time. Please refer to your patient instructions.

I threw up my colon prep, what should I do?

If you have only vomited a small amount, it still may clean you out. Please take a break until nausea lessens then resume taking prep at a slower pace. Please finish prep at least 2 hours before the procedure. If you have vomited a large amount and your bowel movements are more than a thin yellow/clear liquid, then you will need to get magnesium citrate at the local pharmacy and take it. This is an over-the-counter product that will help remove any remaining fecal material.

What is a clear liquid?

Clear liquid is any liquid that you can see through. This does not include milk products or any juice with pulp or broth with particulate matter. Coffee is ok, but NO creamer. Avoid red fluids, even if clear, as this changes the color of the colon during the scope. See prep instructions for examples.

I accidentally ate seeds or one of the things on the list that is not allowed. Can I still do my colonoscopy?

Yes, one or two minor dietary mistakes will not ruin your colon prep, but they may interfere with the ability to see small polyps. It is very important that you strictly adhere to your dietary instructions.

I have a cold. Can I come in for my colonoscopy?

Yes. If you are feeling okay and your breathing is not compromised, you can continue with your scheduled colonoscopy. Please reschedule if you have a fever or your breathing is compromised.

The bowel preparation has worsened my hemorrhoids, or my perianal area is raw and chafed. May I use something for this?

The frequent watery bowel movements may irritate your anus. You can use over the counter remedies such as Preparation H, Anusol or Tucks pads. Calmoseptine, Vaseline, Desitin or generic zinc oxide creams can be applied to the anus and perianal skin when you start the prep to prevent rash and chafing. If you use any of these products, please DO NOT apply them the morning of your procedure.

Can you remove my hemorrhoids or treat my fissure during my colonoscopy?

No. The anal canal is not evaluated well by the colonoscope. Anal problems are best evaluated and treated in the office. Please make an office appointment if you are having anal problems.