

Colonoscopy Gastroenterology Procedure Unit

Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States. If you are 45 or older or have a family history of cancer, getting a colorectal screening can save your life.

- 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 chances of being cured are good.



Colon Polyp

Preparing For Your Exam: What to Bring

- A family member or friend (18 or older) to drive you home. You can take a cab, medical transport or bus only if a family member or friend is riding with you after your visit.
- All medications you are taking, even over the counter medications.
- Any vitamins and supplements you take
- Your insurance card

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 Plavix, Brilinta or Aggrenox, or any other antiplatelet medications
- Take Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Continue taking Aspirin unless told not to

MiraLAX Bowel Prep

7 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.
- Plan for your ride home.
- Stop iron and fiber supplements.
- Eat lighter meals.

5 Days Before Your Exam

Purchase these medications for your bowel prep at your local pharmacy and review instructions. Read these instructions.

- 8.3oz bottle of MiraLAX (238 grams), Glycolax or PEG 3350 (generic)
- 64 ounces of Gatorade or other sports drink (not red or purple color)
- Bisacodyl 5mg (Dulcolax laxative tablets)



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

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

2 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.

Colonoscopy: Preparing for Your Exam

The Day Before Your Exam

Do not eat any solid food. Begin clear liquid diet in the morning.

- **Examples of clear liquids are:** clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can have hard candy.
- Mix the entire bottle of MiraLAX in a large pitcher with the Gatorade. Cover and refrigerate.
- **Drink at least 8 glasses of water** or clear liquid to stay hydrated.
- **Do not** have any carbonated drinks.
- **Do not** have any red, orange, blue or purple colored liquids.

At 3pm The Day Before Your Exam

- Take 4 bisacodyl tablets (Dulcolax laxative) with water. Keep drinking clear liquids.

4pm The Day Before Your Exam

Do not eat any solid food. Start drinking bowel prep

- Drink half the pitcher of MiraLAX mixture at a rate of 8 ounces every 15 to 30 minutes.
- Do this until half of it is finished. Finish the mixture within 2 hours.
- Cover and refrigerate the other half of the MiraLAX mixture.
- If you throw up, wait 30 minutes and begin drinking $\frac{3}{4}$ of a cup (6 ounces) every 15 minutes until half of the pitcher is finished.

Tips

- Drink the dose quickly.
- Try drinking with a straw.
- Rinse your mouth with water or mouthwash.
- Suck on hard candy.

6pm The Day Before Your Exam

- Drink the second half of the MiraLAX solution at a rate of 8 ounces every 15 to 30 minutes until the solution is gone.
- Finish the mixture within 1 to 2 hours.
- Drink all of the solution before midnight.
- Keep drinking clear liquids until you go to bed.

5 Hours Before Your Exam

- Take your doctor approved medication.
- You can take aspirin, blood pressure medication, prednisone or other steroids.
- 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 Your Exam

Do not eat or drink anything or your exam may be cancelled. Arrive for your exam at the time given to you by our healthcare team. The time your exam starts may change.

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