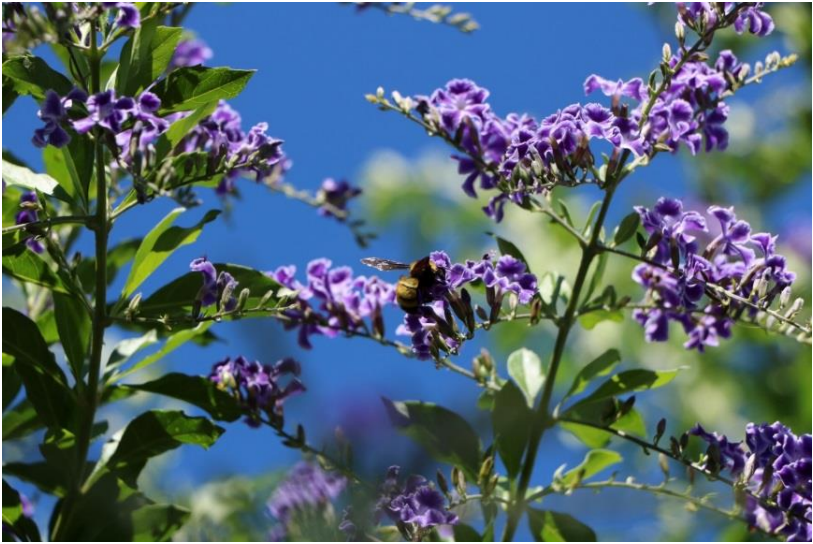


Colonoscopy Preparation: MiraLAX



**PATIENT
EDUCATION**

Appointment

Day: _____

Time: _____ am pm

On the day before your procedure, the Ambulatory Surgery Center (ASC)/3 West will call you between 12pm (noon) and 2pm with your arrival time for the next day. If you do not receive a call by 2pm on the day before your procedure, please call **716-845-8476** for your arrival time.

General Information

- All patients scheduled for a colonoscopy can use these instructions to prepare for the test. If you have diabetes or take Coumadin®, Plavix®, or another blood thinner, pay close attention to the medication section.
- A colonoscopy is a test that lets your doctor see the inside of your large intestine or colon. The doctor inserts a colonoscope (a long, flexible, lighted instrument) through the anus, and gently guides it through the colon.
- Body waste (stool) in the colon can hide disease and may cause the procedure to last longer. You must **empty your colon completely**. If you do not, you may have to repeat the exam at another time.

- Colonoscopy allows your doctor to do other things, when needed, such as:
 - take a biopsy (a small amount of tissue from the inside of your colon for examination under a microscope)
 - remove polyps (lesions on the lining of the colon)
 - control or prevent bleeding
 - stretch an area that has narrowed
- Sometimes, due to the shape of the patient's colon, the doctor cannot examine the entire colon. If this happens to you, the doctor will arrange for an x-ray of the colon to complete the exam.
- **On the day of your test, you must bring a responsible adult with you to your appointment who can take you home.** They should remain in the Endoscopy waiting room during your procedure and recovery (usually 2-3 hours). **If you do not have a responsible adult with you, we will cancel your procedure.**
- Please tell your nurse or doctor if you may be pregnant.

Preparing for Your Colonoscopy Medication Instructions

- Tell your doctor about all the drugs you take, including over-the-counter medicines, herbals, supplements, and vitamins.
- **If you have diabetes**, please talk with your doctor or our Anesthesia Perioperative Evaluation Center at **716-845-1673** on how to adjust insulin or other medications to control blood sugar.

- Some over-the-counter and prescription medications can interfere with normal blood clotting and may increase the risk of bleeding. Follow the chart for when to stop taking certain medicines.
- If you take aspirin every day, we will give you specific instructions on how to prepare for your procedure.

If your doctor gives you different instructions, ALWAYS follow your doctor’s instructions.

<p>7 days (1 week) before the procedure, stop taking:</p> <ul style="list-style-type: none"> • vitamins, herbal medications, supplements
<p>3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:</p> <ul style="list-style-type: none"> • ibuprofen (Advil®) • naproxen (Aleve®) • piroxicam (Feldene®) • sulindac (Clinorial®) • etodolac (Lodine®) • diclofenac(Voltaren®) • meloxicam (Mobic®) • ketoprofen
<p>1 day (24 hours) before your procedure, stop taking enoxaparin (Lovenox®)</p>

If you take medication to treat or prevent blood clots, talk to your doctor about when, or if, you should stop taking them before surgery. These medications include:

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- clopidogrel (Plavix®)
- dabigatran (Pradaxa®)
- dalteparin (Fragmin®)
- fondaparinux (Arixtra®)
- lepirudin (Refludan®)
- prasugrel (Effient®)
- rivaroxaban (Xarelto®)
- ticagrelor (Brilinta®)
- ticlopidine (Ticlid®)
- tinzaparin (Innohep®)
- tirofiban (Aggrastat®)
- warfarin (Coumadin®)

Supplies to Buy

- **Bowel preparation solution:** You can purchase this solution from a drug store or pharmacy. MiraLAX is available in 238g bottles or 255g bottles. It does not matter which of these two sizes you buy.
- **Dulcolax laxative tablets:** Available at drug and grocery stores without a prescription.
- **Gas X® or simethicone tablets:** Available at drug stores, pharmacies, and grocery stores without a prescription.
- **Allowable food and drinks:** Clear liquids: water, tea, coffee, and sports drinks such as Gatorade®. Lemon-flavored drink mix, such as Crystal Light®. Fruit juice without pulp. Jell-O® (any color but red). Fat-free chicken or beef broth or bouillon and clear soups with no added meat and vegetable pieces. **You may not have milk or cream.**

Instructions for Bowel Preparation – Follow Carefully

Two Days Before Your Colonoscopy

If you have problems with constipation, talk to your doctor. They may suggest taking 1 ounce (30 ml) of milk of magnesia on the day you drink the prep solution. Do not take Metamucil® and do not eat foods with small seeds such as cucumbers or bread with sesame seeds.

The Day Before Your Test – Start Bowel Prep

Time	Instructions
<p>Between 6-8 am</p>	<ul style="list-style-type: none"> • Drink all the clear liquids you like. Drink juice without pulp and coffee or tea. Do not put milk or cream in your coffee/tea. You may not have any milk or cream during the prep. • You may take routine medications unless your doctor gave you other instructions • Prepare the bowel preparation solution -mix the bottle of MiraLAX® with 64 ounces (1.9 liters) of water, Gatorade®, Crystal Light®, or any other clear liquid and refrigerate until 4 pm.
<p>12 Noon</p>	<ul style="list-style-type: none"> • Take 4 Dulcolax laxative tablets and drink 2 large glasses of clear liquids (water, soda, etc.) • Have only clear liquids at lunch. Clear soup without meat or vegetables. No milk or cream.
<p>4 pm</p>	<ul style="list-style-type: none"> • Begin drinking the bowel prep solution. Drink one 8-ounce glass of the solution every 10 minutes until it is finished. Use the full bottle whether it is 238g or 255g. It is best to keep it cold and drink each glass quickly. Most of the fluid will move through your system in about 1 hour. The solution will cause you to have many liquid bowel movements -stay close to toilet.** • Chew 1 Gas X® (or simethicone) tablet to help relieve gas. • Drink at least 4 more 8-ounce cups (250 ml each) of clear liquids before midnight.
<p>12am midnight</p>	<p>Do not eat or drink anything after midnight (including water, coffee, gum)</p>

****** If you vomit, stop for 1 hour, and then begin drinking again. If you vomit again, stop the prep and call your doctor for instructions.

The Day of Your Procedure

Before You Leave Home

Take the medications listed below as instructed by your doctor on the morning of the procedure. Take them with a sip of water. Do not take any other medications.

- Dress in loose-fitting, comfortable clothes. Leave all jewelry at home.
- Bring a list of all medicines, including over-the-counter, herbs, and vitamins.
- **Remember to come with a responsible driver who can take you home or we will cancel your procedure.** He or she should remain in the Endoscopy waiting room (usually 2-3 hours).

At the Hospital

- When you arrive at 3 West/ASC, check in at the reception desk.
- A nurse will come to the waiting room and bring you to a room to get ready for the procedure.
- Be prepared to spend half the day at the hospital. There may be reasons why your appointment runs late. Our goal is to provide the best care for all of our patients.

- The medical team will explain the procedure to you, answer your questions, ask you to sign a consent form, and check your blood pressure, pulse, and breathing rate.
- In the procedure room, you will likely receive sedation medication through an IV* that will make you more comfortable during the colonoscopy. You will feel sleepy, but will wake up easily after the procedure.
 - * An IV is a way of delivering medications or fluids directly into your body through a vein.
- If you have pain, tell your doctor or nurse.
- A nurse and a doctor will remain with you during the procedure.

After the Procedure

- You will go to a recovery area and stay there until most of the effects of your medication have worn off and your doctor or nurse believes it is safe for you to leave.
- If you received sedation medication, you will be allowed to go home with the assistance of your adult family member, friend, or sitter.
- Your doctor or a nurse practitioner will explain the findings of the procedure and give you any special instructions on diet, medicine, and home care.

Home Care

- If your anal area is sore or irritated, use medicated pads, (Tucks®) and petroleum jelly (Vaseline®) to help soothe the skin.
- Do not drive a car, operate machinery, or go to work until the day after your colonoscopy.
- If any tissue (polyps, suspicious lesions, etc.) was removed from your colon, call your doctor 7 business days after the procedure for the results.

When to Call the Doctor

- Call your doctor right away if you have:
 - severe abdominal pain
 - rectal bleeding of 4 ounces (1/2 cup or 118 ml)
 - fever above 100.4°F (38°C) or fever with chills
 - dizziness or weakness
- The Endoscopy Center is open Monday to Friday, 8:00 a.m. to 5:00 p.m. You can reach them at **716-845-4005**. After hours, your call will be answered by a triage nurse. If it is determined you need to be seen, you may be asked to come to our Assessment and Treatment Center (ATC), which is open 24/7.
- **If you feel you are in a life-threatening situation, call 9-1-1 or go to the nearest hospital emergency room.** Please contact your doctor at Roswell Park and let them know you have gone to the hospital. If you cannot make the call, please ask the doctor in the Emergency Department to call us.



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