

PREPARING FOR YOUR COLONOSCOPY

Two-Day Preparation with Polyethylene Glycol (PEG) 3350/MiraLAX and Bisacodyl/Dulcolax

Questions after reading this?

Call the GI Triage Line at 720-723-6166, Monday – Friday and leave a message. An RN will call you back within 48 hours, or on Monday if you call on the weekend. For questions at night or on weekends, call 303-399-8020, select “0” and ask for the GI doctor on call.

As soon as you schedule your colonoscopy

- Please plan to arrive 60 minutes before your appointment time.
- Arrange for a responsible adult (at least 18 years old) to bring you here AND drive you home.
- You CANNOT drive yourself home or take a taxi or bus alone!
- *If you come alone, your appointment will be CANCELLED.*

14 days before your colonoscopy

- If you haven't received **two** bottles of **Polyethylene glycol (PEG) 3350/MiraLAX** and **eight** tablets of **Bisacodyl/Dulcolax** in the mail, call the GI Triage Line at 720-723-6166.
- The Anticoagulant Clinic should call you if you take a blood thinner such as Warfarin/Coumadin, Eliquis/Apixaban, Xarelto/Rivaroxaban or Pradaxa/Dabigatran. If they haven't by fourteen days prior to the procedure, call 720-723-6756.
- If you are on Plavix/Clopidogrel, Brilinta/Ticagrelor, Pletal/Cilostazol, Aggrenox/Aspirin with Dipyridamole or Prasugrel/Effient, you should receive a call from the GI Department at least fourteen days prior to the procedure. If you don't, please call 720-723-6166.

7 days before your colonoscopy

- STOP EATING corn, popcorn, frozen corn, seeds or nuts of any type. These foods are very difficult to clean from your colon.
- STOP taking any IRON supplements as they interfere with good bowel cleansing.
- Buy **three** 32-ounce size bottles of Gatorade, but NO purple, red or orange colored flavors.

3 days before your colonoscopy

- STOP taking any Vitamin E, fish oil, mineral oil, or flaxseed oil. These can cause bleeding.

2 days before your colonoscopy

- *No solid foods today!*
- Drink **ONLY** clear liquids (liquids you can see through) such as Gatorade, soft drinks, clear juices (without pulp), Kool-Aid, Jell-O, popsicles, clear broth, black coffee or tea. *Drink lots of clear liquids to stay hydrated! The prep will work much better if you are.*
- **DO NOT DRINK** milk or dairy products, alcohol, beer, or any clear liquid or Jell-O that is red, orange, or purple in color. These dyes are difficult for the doctor to see through.
- At 3 pm, swallow **FOUR** Dulcolax/bisacodyl tablets with at least 16 ounces of a clear liquid.
- At 5 pm, mix 1/2 (one half) of one bottle of PEG 3350/MiraLAX (about 119 grams) in one of the bottles of Gatorade. Shake it well to dissolve.



- You may use warm, cold or room-temperature Gatorade.
- Drink an 8-ounce glass of this solution every 10 to 15 minutes until you finish the bottle.
- PEG 3350/MiraLAX is a laxative. It empties your colon, so the doctor will be able to see its walls and spot any abnormal growths (polyps).
- PEG 3350/MiraLAX will give you diarrhea! This is normal.
- You may drink other clear liquids after you finish the PEG 3350/MiraLAX and Gatorade.

TIP You may want to buy flushable baby wipes and Vaseline to use during your prep.

The day before your colonoscopy

- *No solid foods today either!*
- Drink **ONLY** clear liquids as you did the day prior. *Drink lots of clear liquids to stay hydrated!*
- **DO NOT DRINK** milk or dairy products, alcohol, beer, or any clear liquid or Jell-O that is red, orange, or purple in color.
- At 3 pm, swallow the other **FOUR** Dulcolax/bisacodyl tablets with at least 16 ounces of a clear liquid.

The night before your colonoscopy

- At 5 pm, mix the other 1/2 (one half) of the open bottle of PEG 3350/MiraLAX (about 119 grams) in one of the other bottles of Gatorade. Shake it well to dissolve.
- You may use warm, cold or room-temperature Gatorade.
- Drink an 8-ounce glass of this solution every 10 to 15 minutes until you finish the bottle.
- PEG 3350/MiraLAX is a laxative. It empties your colon, so the doctor will be able to see its walls and spot any abnormal growths (polyps).
- PEG 3350/MiraLAX will give you diarrhea! This is normal.
- You may drink other clear liquids after you finish the PEG 3350/MiraLAX and Gatorade, up until midnight.
- *After midnight DON'T drink anything except as we instruct you below!*

TIP You may want to buy flushable baby wipes and Vaseline to use during your prep.

The day of your colonoscopy

- *Do not eat any solid food today, and drink clear liquids only as instructed below!*
- FIVE HOURS BEFORE LEAVING for your colonoscopy, mix 1/2 (one half) of the other bottle of PEG 3350/MiraLAX (about 119 grams) in the last bottle of Gatorade and shake it well to dissolve.
- Drink an 8-ounce glass of the solution every 10 to 15 minutes until you finish it.
- Take any morning medications you need at least FOUR HOURS BEFORE your colonoscopy, with a few sips of water to swallow any pills, tablets or capsules.
- *During the FOUR HOURS BEFORE your colonoscopy, for your own safety, there should be NOTHING IN YOUR MOUTH, not even chewing gum.*
- *If you have ANYTHING in those four hours, even WATER, your colonoscopy will be delayed or canceled.*
- Your stool should be clear and yellow, with no solid particles in it.
- Come to your appointment 60 minutes beforehand! The GI Lab is on the 3rd floor of building D, Mount Harvard. Take elevator number 1 to the 3rd floor, and our waiting room will be on the east side of the building.

Do you have diabetes? Take special care while only drinking clear liquids in the two days before your colonoscopy!

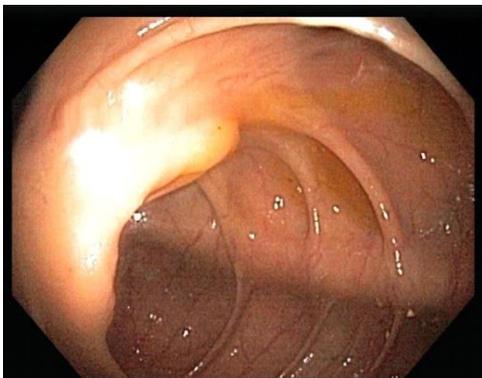
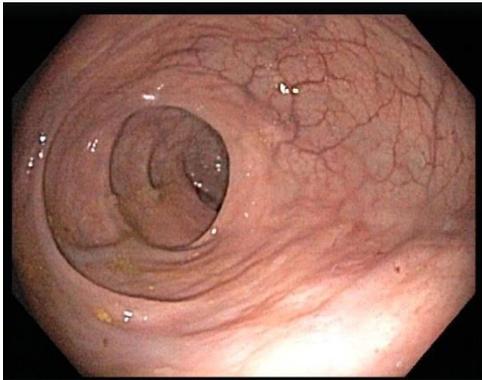
- ✓ Monitor your blood sugar every 4 hours during the two days before your colonoscopy.
- ✓ If you use insulin, in the morning of each of the two days BEFORE your colonoscopy, take ½ (one half) your normal morning insulin dose.

- ✓ If you take diabetes medications by mouth, in the morning of each of two days BEFORE your colonoscopy take these medications as usual.
- ✓ In the evening of each of the two days BEFORE your colonoscopy, DO NOT take any insulin or diabetes medications by mouth.
- ✓ The morning OF your colonoscopy DO NOT take any insulin or other diabetes medications unless you are specifically instructed to do so.

Why is following the directions so important?

Good prep:

Polyps are easier to see.



Bad prep:

Polyps/cancer could be missed!

