

KENNETH HEPPS, M.D., MICHAEL MADIEVSKY, M.D.
18546 ROSCOE BLVD., #300
NORTHRIDGE, CA 91324
(818) 341-4796 FAX (818) 341-4997

COLONOSCOPY WITH MIRALAX/GATORADE PREPARATION

PREPARATION

Colonoscopy is an examination of the colon (large bowel) with a flexible tube, which transmits a live color image onto a television screen.

There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety, and success of your preparation.

PURCHASE AT THE PHARMACY

Miralax, 255g bottle (over the counter) may also be sold as 238g

Dulcolax, 4 tablets (over the counter)

Gatorade, 64oz bottle

Plain or aloe Baby wipes (prevents a sore bottom) or

Desitin or A&D ointment (prevents a sore bottom)

ONE WEEK PRIOR TO THE PROCEDURE

Do not take Iron pills

Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: **Coumadin, Aspirin, Plavix.**

Tylenol and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.

ONE DAY before the procedure:

Have a **clear** liquid diet throughout the day. Avoid dairy products and juices with pulp such as orange or grapefruit juice. Examples of clear liquids include low sodium broth, clear juices (white grape or apple), lemon or lime jello, sport drinks like Gatorade or Powerade, sodas like Sprite, 7-UP, or ginger ale, Pepsi, Tea, lemonade, popsicles (no sherbets or fruit bars) and of course water. It is important that you drink as much fluid as you can throughout the day.

* **At 3:00pm**, take **2 Dulcolax tablets** with a glass of water.

* **At 5:00pm**, mix all of the **255g bottle of Miralax** with the **64oz bottle of Gatorade** in a pitcher. Shake the solution until the Miralax is dissolved. Drink an 8oz. glass every 10-15 minutes until the solution is gone (drinking with a straw helps). It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move downstream, and then to resume drinking at a slower rate. It usually takes two hours to complete half of the entire container, and diarrhea generally continues for about an hour or to after completing the prep.

Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

* **At 8:00pm** take the last **2 Dulcolax** tablets.

Day of Procedure:

* **Do not eat or drink anything that day!**

* If your procedure is later in the day **you may have clear liquids until 6 hours before the procedure.**

* If you take medication, you may have it the morning of the procedure with a small amount of water. This means **NO MORE** than a few **SMALL** sips of water. You **may** brush your teeth.

* Arrive at the Endoscopy Center **ONE HOUR BEFORE** your procedure is scheduled.

Please arrive at _____ AM / PM

*You **must** be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled.

***Bring a list of medications (including the dosages) and any allergies** to medications.

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a tap water or fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.