

MiraLAX Kitchen-Balanced Preparation (March 2023)

To ensure a successful exam, please follow all instructions carefully.

FOURTEEN (14) DAYS OR MORE BEFORE THE COLONOSCOPY, Do The Following

If you are on Blood Thinners Brillinta (Ticagrelor), Coumadin (warfarin), Eliquis (Apixaban) Lovenox (enoxaparin), Plavix (clopidogrel), Xarelto (Rivaroxaban) **OR ANY OTHER TYPE OF BLOOD THINNING MEDICATION** you will need to contact your doctor who manages your blood thinning medication about this. In most cases, GI procedures require that you stop blood thinners like, Brillinta 5 days before the procedure, Coumadin 3-5 days before the procedure, Eliquis 1-4 days before the procedure, Lovenox 12-24 hours before the procedure, Plavix, 5-7 days before the procedure, Xarelto 1-4 days before the procedure, However, every case is individual depending on what blood thinner you are on and why you are on it and what exact GI procedure you will be undergoing.

If you are reading this and your physician has not counseled you regarding whether to take or not take your blood thinners, please call your private doctor NOW and discuss with him/her. After the colonoscopy, ask the physician who performed your examination, when you can restart your blood thinners.

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY/GROCERY:

Materials for First day of Prep:

- MiraLAX or Generic PEG 3350 like GentleLAX, 17.9 ounces bottle (510 gm PEG 3350, or 30 doses of “cap filled to line” (you will use only 24 of the 30 caps “filled to line”)
- 4 Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- TWO-32 oz boxes of **Kroger Vegetable Broth** (Regular; Not Reduced Sodium); **OR** TWO- 32 oz boxes of **Kroger Chicken Broth** (Regular; Not Reduced Sodium) plus 1 glass of water (8 ounces)
- 8 glasses (of 8 ounces each) of **Gatorade; need two (2) bottles of 32 ounces each**
- 8 ounces of Kroger Orange juice if using Vegetable Broth or 9 ounces of Kroger Orange Juice if using Chicken Broth
- At least 6-8 glasses of any clear liquid of your choice (to prevent dehydration) that you will drink as you wish any time **from noon until midnight of the first day of preparation**. Ginger soda with real ginger is a good choice because it decreases nausea (Reed’s Ginger Ale, Seagram’s Ginger Ale)

Materials for Day 2 of Prep:

- 2 Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- Gatorade 20 ounces; **need one 20 ounces bottle**

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds and popcorn.

1 DAY BEFORE YOUR COLONOSCOPY:

1. **At 8:00 am** Start the “clear liquid diet”. A clear liquid diet consists of clear liquids — such as water, broth and plain gelatin — that are easily digested and leave no undigested residue in your intestinal tract. (Do not have any solid, soft, pureed nor “milky” foods or drink, or supplements like Ensure or Boost). PLEASE AVOID RED, GREEN, BLUE OR PURPLE colored clear liquids or gelatin because they make the exam more difficult. Please drink large amounts of clear liquids to avoid dehydration. Do not drink alcoholic beverages. Examples of clear liquids are:

- Clear broth or bouillon (without noodles or other solids), any flavor
- Coffee or tea (without milk or cream)
- Soft drinks like soda-pop, Kool-aid, Gatorade, Tang, lemonade
- Juices without pulp: apple, cranberry, orange, grapefruit
- Gelatin like Jello (no red, blue, green or purple)
- Popsicles (no ice cream or yogurt bars)

2. **MIRALAX / PEG 3350 PREPARATION:** you will need 16 drinking glasses (8 ounces each) in your counter.

-If using Vegetable broth: you will use 8 glasses for broth, and 8 glasses for Gatorade.

-If using Chicken broth: you will use 8 glasses for Gatorade, 7 for broth, and one for water.

Fill 7 ½ glasses with 8 oz of Vegetable Broth each or fill 6 1/2 glasses with 8 oz of Chicken Broth each plus one with 8 ounces of water. The last glass of broth will only be filled 1/2 way.

Fill the next 8 glasses each with 8 oz of Gatorade.

Add **1 cap** “filled to line” of MiraLAX or PEG 3350 to each of the 7 and 1/2 of the Vegetable Broth glasses, or to each of the 6 ½ glasses of Chicken Broth plus the glass of water, and dissolve completely.

Add **2 caps** “filled to line” to each of the 8 Gatorade glasses, and dissolve completely.

3. **START PREP AT AT 6 pm:** take 4 tablets of Dulcolax (bisacodyl) 5 mg each and start drinking the prep.
-Alternate 1 glass (8 ounces) of broth with one (8 ounces) glass of Gatorade every 10 minutes; until you finish 6 glasses of Broth and 6 glasses of Gatorade

-After you have taken the first 12 glasses (4 each of Broth and Gatorade), drink 1 glass (8 ounces) or orange juice if drinking vegetable broth, or 9 ounces of orange juice if drinking chicken broth;

Nothing to eat or drink after midnight, other than your remaining bowel prep and small sips with any morning medications.

DAY OF YOUR COLONOSCOPY:

FIVE (5) HOURS BEFORE YOUR SCHEDULED COLONOSCOPY TIME,

- Arrange 4 glasses on your counter; 2 glasses of broth plus 2 glasses of Gatorade. These 4 glasses will each contain 1 measure (17 gm) of MiraLAX/PEG 3350. You will take 2 tablets of Dulcolax (bisacodyl) 5 mg each while you continue alternating 1 glass of Broth with 1 glass of Gatorade **every 10 minutes** until you finish all 4 glasses.

DO NOT EAT NOR DRINK ANYTHING ELSE AFTER THIS PREPATATION, except for indispensable medications with a small sip of water.

Come to the Hospital with your designated driver.

COLON CLEANSING TIPS:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 10 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet. Sometimes helps tolerability drinking the fluids with a straw, sucking on lemon slices, sucking sugar-free menthol candy drops.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for *hemorrhoid cream*, you may use it. Do not use suppositories.

Your endoscopy is scheduled for _____ arrive at _____ AM/PM to register:

U of L Health-University of Louisville Hospital @ 530 S. Jackson St Louisville, KY 40202
Registration is located on the first floor, by the patient information desk

U of L Health- Outpatient Care Center @ 401 E. Chestnut St., Louisville, KY 40202
Proceed to the basement of the building and register at the desk right off the elevator

U of L Health-Jewish Hospital Outpatient Care Center @ 225 Abraham Flexner Way, Louisville, KY 40202
Registration is located in the 1st floor lobby area of the Outpatient Care Center

UofL Health – Medical Center East @ 3920 Dutchmans Lane Louisville, KY 40207
Registration is located on the 2nd floor.

Norton Hospital Pavilion @ 315 E. Broadway Louisville, KY 40202
Proceed to the 2nd floor, endoscopy area to register