

## Miralax-Gatorade Preparation (Nov 2021)

***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.

### **USE THE PREP KIT FROM YOUR DOCTOR OR PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:**

- 6 Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener)
- 1 - 8.3 oz. bottle Miralax (238 grams)
- 64 oz. clear liquid (NOT red). Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero are acceptable.
- **Only if recommended by your physician** - 1 - 10 oz. bottle Magnesium Citrate (NOT red)

### **3 DAYS BEFORE YOUR COLONOSCOPY:**

Stop eating all nuts, seeds and popcorn.

### **1 DAY BEFORE YOUR COLONOSCOPY:**

1. At 12:00 NOON, take 4 Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. Miralax and place in the refrigerator (DO NOT ADD ICE)
2. At 12:00 NOON, 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)

**At 6 pm**, drink one 8 oz. glass of the Miralax/Gatorade solution and continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep pace.

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

### **DAY OF YOUR COLONOSCOPY:**

1. *Four and a half (4 ½) hours before leaving home to come to the hospital, take 2 tablets of Dulcolax (bisacodyl) 5 mg each, drink the 10 oz bottle of Magnesium Citrate, and 2 ½ glasses of Gatorade, 1 glass every 10 minutes (total 20 oz).*

2. Do not eat nor drink anything else, until your colonoscopy has been finished.

3. 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 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.*

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 2<sup>nd</sup> floor.

**Norton Hospital Pavilion @ 315 E. Broadway Louisville, KY 40202**

Proceed to the 2<sup>nd</sup> floor, endoscopy area to register