

Colonoscopy Instructions (**Orange** / 1-day Miralax)

If you have any questions or if you wish to cancel/reschedule your appointment, please call GI at 317-988-3818 or toll-free at 1-888-878-6889 Extension 83818.

Please follow these instructions. Do not use the instructions found in the bowel prep box.

Please read these instructions carefully and follow them all for a successful procedure.

Pre-Prep Check List, things you will need:

- Have the bowel prep medication
- Have my primary care physician's number to call only if taking diabetic medications, oral or insulin, or on prescribed blood thinners
- Schedule a driver to take you to/from the VA – the procedure will take at least 4 hours
- Have items listed on the enclosed Low Residue Diet
- Stock up on clear liquids/sports drinks to drink the day before

10 days before your procedure

Call your primary care physician to find out how to take any diabetic, or blood thinning medications during your colonoscopy preparation

- Examples of Diabetes Medications include both Oral and or Insulin
- Examples of Blood Thinners include, but are not limited to Warfarin (Coumadin), Clopidogrel (Plavix), Enoxaparin (Lovenox), Prasugrel (Effient), Brilinta (Ticagrelor), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)

Continue to take your prescribed Aspirin

5 days before procedure

STOP Metamucil or Citrucel or other bulk forming fiber agents

STOP Iron supplements, including multivitamins with iron

STOP Fish oil

STOP Eating high fiber foods. No raw fruits and vegetables, beans, corn, popcorn, whole grain bread or cereals (see low residue diet provided)

STOP Red meats such as beef or pork. *You may eat chicken, turkey and fish are fine.*

The day before procedure you may only have clear liquids.

STOP Eating solid food of any type

STOP Eating milk products such yogurt, ice cream, etc.

STOP Eating or drinking anything red, blue or purple in color

STOP Drinking alcoholic beverages

Instructions for taking the Mirlax prep

1. From 10:00 am to 6:00pm drink 8 ounces of a clear liquid every hour. Examples of clear liquids are Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, jello, apple or white grape juice
2. At 4:00 pm Mix one full (255 gram) bottle of Miralax into 64 ounces of Gatorade or water and refrigerate.
3. At 5:00 pm take two (2) bisacodyl tablets
4. From 6:00pm to 8:00 pm drink 8 oz. of Miralax solution every 15 minutes until half of the prep is gone. This should take about an hour
5. From 9:00pm to 11:00 pm drink 20 oz. of Gatorade or other sports drinks.

The day of procedure, remember clear liquids only

Instructions for finishing the Mirlax Prep

1. 5 hours before appointment: Drink the second half of the Mirlax prep every 15 minutes until gone. Please complete within 1 hour.
2. Chew the 4 simethicone tablets provided after you finish the prep solution

Do Not drink anything else until after your procedure. You may take your essential morning medications with only a SIP of water no later than 2 hours before your procedure time

Do Not chew gum or have any hard candy