



**COLONOSCOPY PREPARATION WITH Miralax/Gatorade
MORNING APPOINTMENT**

The preparation of the bowel, prior to a colonoscopy is very important. It allows us to see as much of the mucosal lining of the colon as possible. Please follow the instructions below to ensure the best possible exam. For most people, the prep is the most uncomfortable part of this procedure. You might tolerate the medication better if you drink it with a straw so that the liquid goes straight to the back of your mouth, keeping you from tasting it so much on your tongue. For the other end, you might find that using some zinc oxide or another similar product (normally used to treat diaper rash) might help keep your bottom from getting sore from the repeated trips to the toilet. If you have any problems, please do not hesitate to contact us through the clinic or hospital. The phone number to the clinic is **548-3420**.

Your exam is scheduled on _____ Arrival time_____.

You MUST have a ride home with a trusted person. Please arrange this in advance. You are NOT allowed to walk home nor take a taxi.

PLEASE CALL CASCADE MEDICAL CLINIC AT 548-3420 TO CONFIRM YOUR APPOINTMENT.

We are not able to fill appointments that are cancelled within one week of the scheduled date, so please **if you must cancel do so as soon as possible**. Cancellations will be rescheduled at the discretion of Cascade Medical Center.

Location: 817 Commercial St, Leavenworth, WA. Check in at central admitting inside the main entrance.
*7AM arrival time check in through the Emergency Room Entrance.

Allow **two to three hours** for the procedure.

Current Medication Concerns:

1. If you are on a blood thinner, talk with your doctor two weeks prior to the procedure to receive instructions.
2. If you are taking Insulin with meals, skip the morning dose the day of your exam.
3. If you are taking long-acting Insulin in the evening, take only half of your normal dose evening before the exam.

For the Miralax/Gatorade prep, you will need to purchase:

1. **238 gm bottle of Miralax** over the counter at your pharmacy.
2. **64 oz bottle of Gatorade, Powerade or Propel that are light in color.** Lemon-lime is preferred. AVOID red, purple, blue or green varieties.
3. **10 oz bottle of Magnesium Citrate**, green or clear only.
4. **2 Dulcolax 5 mg tablets** over the counter at your pharmacy. They must be the laxative type, not the stool softener.

5 DAYS BEFORE THE PROCEDURE: Please **avoid any nuts or seeds** (cucumbers, whole-grain breads, sunflower seeds, etc.) – they can plug the suction port of the scope!!

DAY BEFORE EXAM

1. A light breakfast is acceptable if finished by 10:00 AM. An example of a light breakfast is toast with tea. No heavy meats, cheeses, or fatty foods. After this, take only clear liquids; no solid food or thick liquids are allowed. Examples of clear liquids are tea, black coffee, jello, broth, apple juice, Gatorade, Kool-Aid, or

popsicles. Do not use red, orange, or purple jello because the food coloring can look like blood in your colon. If you tend to be constipated, taking only clear liquids all day long is preferable (i.e. no solid breakfast).

2. **Drink clear, hydrating, fluids frequently to stay well hydrated. Drink some warm liquids, as well, to help regulate your body temperature.**
3. **In the afternoon, typically around 4PM,** take the 2 Dulcolax tablets and then stop clear liquids.
4. **One Hour later** drink one 10 oz bottle of Magnesium citrate. This must be completely consumed in **30 minutes.**
5. **30 minutes after finishing the magnesium citrate,** in a large container, add the 238 gram bottle of Miralax to 64 oz Gatorade, Powerade or Propel that is LIGHT IN COLOR. Shake or stir the solution until Miralax is dissolved.
6. Using a STRAW, drink 8 oz every 15-20 minutes until **HALF** of the solution is consumed. Refrigerate the remaining 32 oz of this mixture – you will drink this the morning of your procedure.

*For 7AM appointments, you have the option to drink more than half of the solution the evening before, thus having less to drink the morning of the procedure. Realize this will cause you to have more diarrhea in the evening. You may wish to start the preparation process a little earlier.

7. **One hour** after finishing the first half of the Miralax mixture, you may resume your clear liquids.
8. You will begin to have diarrhea (this may take several hours to start) and your bowel movements should eventually become watery and clear.

DAY OF EXAM

1. Plan on taking your morning medications, if any, after you return home from the exam unless directed otherwise.
2. Starting **FOUR HOURS** before the time that you are due to arrive at the hospital, drink 8 oz of the remaining prep solution every 15 minutes until the solution is gone. Then **NOTHING ORALLY** until after your procedure.

*If you have chosen to drink more of the solution in the evening, you may start the last part of the solution a little later. You want to ensure your diarrhea has subsided before getting in the car to come to your appointment.

3. **You must bring a driver to accompany you and take you home.** You will be given medications that slow your reflexes so you cannot drive. You should not plan on any complicated mental or physically hazardous tasks the rest of the day after your exam.

ADDITIONAL INSTRUCTIONS:

COMMONLY ASKED QUESTIONS:

How do I know if my preparation is adequate?

The stool should be watery in consistency and clear or almost clear, though there may still be a little color or debris present. The stool should not be muddy or thick.

What side effects may I expect?

Some abdominal bloating, cramping, or nausea may occur. This is usually temporary and will resolve as diarrhea occurs. You could feel a little weak so drinking plenty of clear fluids is important.

Will the preparation interfere with my medications?

Medications taken an hour before the laxatives should not be affected much, although any pills taken afterwards might be washed through without being absorbed.

If you have any questions or concerns, feel free to call us at **509 548 3420**.
We are here to serve you and will work to make your exam as comfortable as possible.