

## COLONOSCOPY SPLIT DOSE MiraLAX® TWO-DAY PREPARATION INSTRUCTIONS

**IMPORTANT: Please read these instructions TWO WEEKS before your procedure so you are well prepared. If you have diabetes or are on a blood thinner, please call your doctor to discuss your medicines for this procedure.**

You are scheduled for a Colonoscopy with Duke Gastroenterology (Duke GI). This is an exam of your colon (large intestine). A flexible tube will be put into your rectum. It then passes through your colon. More tests may be performed as needed. These include taking tissue samples (biopsies) and removing polyps.

- Call (919) 684-6437 for questions about your appointment or preparation.
- **Duke Gastroenterology doctors perform these procedures at several locations. Please review the appointment letter enclosed.**

We strive to perform the safest and most careful procedure for every patient. A procedure may take longer for some patients than for others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience. Please allow at least 3 to 4 hours for your visit.

### **DESIGNATED DRIVER ON THE DAY OF YOUR PROCEDURE:**

- You will receive anesthesia medicines during this procedure to make you comfortable and sleepy. The medicines are given to you through an IV (a soft flexible tube in your arm).
- Since you will receive anesthesia medications, you may not drive home.
- **You must have a responsible adult 18 years or older with a valid driver's license who is on-site through your entire procedure.**
- **If your companion does not stay on site, you will need to reschedule your procedure.**
- For your safety - Duke GI recommends that an adult stay with you for several hours after your procedure.
- You may not go home alone in a taxi, shuttle, van or bus. These drivers are not responsible for you.
- **You may not drive for 24 hours after your procedure.**

**Medication Information:**

- **Please bring a list of your current medicines and doses the day of your procedure.**  
Current patients of Duke Primary Care do not need to bring a medication list.

**Follow these medicine changes prior to your procedure:**

- **Blood thinners** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox) **may need to be held** for 1 to 10 days before your procedure. Talk to the doctor who prescribes these medicines for specific instructions.
- If you take a daily **aspirin**, continue taking your aspirin.
- **Iron pills:** Stop taking 7 days prior to your procedure.
- **Patients with diabetes:** Follow these guidelines:
  - **Oral Medicine** (“sugar pill”): Do not take the day of your procedure unless otherwise instructed.
  - **Insulin:** Please call the doctor that manages your insulin to change the dose. The dose needs to be changed for both the clear liquid day and fasting time before procedure.  
\*Patients with insulin pumps will need to bring prescribed off-pump instructions.\*
  - **Check your blood sugar the morning of your procedure.**
  - **Important tips to prevent low blood sugar:** During the clear liquid day, drink protein. A good source of protein is clear chicken, beef or vegetable broth. Keep glucose tablets on hand for any sudden drop of blood sugar. These are available over the counter in the diabetic supplies at any pharmacy.
- **All other prescribed medicines continue taking as usual.** (like blood pressure medications)
- If you have any questions about your medicines, call the doctor who prescribes the medication(s).

**OTHER INSTRUCTIONS:**

- If you have a **Pacemaker or Internal Defibrillator:** Please bring your device information card with you to your Pre Anesthesia Testing Appointment and on the day of your procedure. Give the device card to your assigned nurse at check-in. Your doctors will need to know your device brand name.
- **Blood Products:** If you are unable or unwilling to accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your appointment.
- **Children:** We discourage children in patient care areas. Please arrange for childcare in advance.
- You will need to complete a pre anesthesia appointment before your procedure. This appointment may be either in-person or via a telephone call.

## COLONOSCOPY SPLIT DOSE MiraLAX® TWO-DAY PREPARATION INSTRUCTIONS

For your procedure, you will need to drink a laxative solution to clean your colon. You must drink the entire solution for the most effective cleansing.

### **Read these instructions completely before beginning the preparation!**

**This MiraLAX® preparation does NOT require a prescription and has been shown to be equal to other colonoscopy preparations.** If your physician has prescribed a colonoscopy preparation for you, please follow his or her instructions. It is very important you **do not** take two different colonoscopy preparations. For questions or concerns, please call Duke GI at (919) 684-6437.

### **SEVEN (7) TO TEN (10) DAYS BEFORE YOUR PROCEDURE:**

Duke GI will contact you by telephone or MYchart message to confirm your procedure appointment. This telephone call will not last long. If we are not able to reach you, please return the call as soon as possible. It is very important we speak with you to confirm your procedure location, date and procedural arrival time.

### **FIVE (5) DAYS BEFORE COLONOSCOPY:**

Begin a low fiber (restricted-residue) diet. *Please see below for list of foods that are allowed.* Stop fiber supplements such as Metamucil, Citrucel and Fiberall.

### **Purchase:**

- Bisacodyl (**Dulcolax®**, 5 mg): 4 tablets (NOT suppositories)
- Simethicone** (Gax-X®), 125 mg): 4 tablets
- MiraLAX®** powder:
  - 2 bottles, 238 gram (8.3 ounces)
- AND
- 1 bottle, 119 grams (4.1 ounces)
- Gatorade G2®** (low-calorie, low-sugar): 5 bottles, 32 ounces each
- Clear liquids** (see list below for ideas)
  - \*G2 and liquids need to be colors that are not red or purple
  - \*Pre-moistened wipes to prevent skin irritation

### **THREE (3) DAYS BEFORE YOUR COLONOSCOPY:**

You may eat solid foods. Please make sure to follow the attached low fiber diet. Drink a minimum of 8 ounces (1 cup) of fluids every hour while awake to help clean your colon.

**TWO (2) DAYS BEFORE YOUR COLONOSCOPY:**

**Do NOT eat SOLID FOOD. Drink only clear liquids for all meals and snacks (see list)**

Drink a minimum of 8 ounces (1 cup) of fluids every hour while awake to help clean your colon

**Morning:** Put 2 bottles of Gatorade (G2) in the refrigerator to chill. Start clear liquid diet.

**3:00 pm:** Take 2 Dulcolax laxative tablets with a clear beverage of your choice

**5:00 pm:** Pour the 8.3 ounce bottle of MiraLAX® and the 2 bottles of Gatorade into a large pitcher and mix well until MiraLAX® is completely dissolved. Drink one (1) 8 ounce glass every 10-15 minutes until the mixture is gone.

\*If you experience nausea, slow down the pace of drinking or take a short break, then resume drinking.\*

**\*It is important to continue drinking clear liquids until bedtime.\***

**ONE (1) DAY BEFORE YOUR COLONOSCOPY:**

**Do NOT eat SOLID FOOD. Drink only clear liquids for all meals and snacks.**

Drink a minimum of 8 ounces (1 cup) of fluids every hour while awake to help clean your colon

**Morning:** Put 2 bottles of Gatorade (G2) in the refrigerator to chill. Start clear liquid diet.

**3:00 pm:** Take 2 Dulcolax laxative tablets with a clear beverage of your choice

**5:00 pm:** Pour the second 8.3 ounce bottle of MiraLAX® and the 2 bottles of Gatorade into a large pitcher and mix well until MiraLAX® is completely dissolved. Drink one (1) 8 ounce glass every 10-15 minutes until the mixture is gone.

**5:00 pm:** Take 2 Simethicone tablets with water

\*If you experience nausea, slow down the pace of drinking or take a short break, then resume drinking.\*

**\*It is important to continue drinking clear liquids until bedtime.\***

**DAY OF COLONOSCOPY:**

**4 hours before you leave for your procedure:**

Pour the **4.1 ounce** bottle of MiraLAX® and **one (1)** bottle of Gatorade into a large pitcher and mix well until MiraLAX® is completely dissolved.

Drink one (1) 8 ounce glass every 10-15 minutes until the mixture is gone and then stop drinking liquids.

Take 2 Simethicone tablets

Follow the recommendations on the front page about your medicines.

**Two (2) hours before scheduled procedure:**

Take scheduled medicines with small sips of water. Then stop taking anything by mouth.

**CLEAR LIQUID DIET LIST**

**Do NOT drink anything that is RED or PURPLE color**

**Beverages:**

Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade

Fruit juices without pulp – apple, white grape

Water

**Soups:**

Low-sodium chicken or beef bouillon/broth or bone broth

Low-sodium chicken or beef bone broth or bone broth

Vegetable or soy broth

**Desserts:**

Jell-O (lemon, lime, orange; no fruit or toppings)

Popsicles (no sherbet or fruit bars)

<b>Low Residue (Low Fiber) Diet</b>		
<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
<b>Milk and dairy</b>	Milk and milk products. Includes: <ul style="list-style-type: none"> <li>▪ cow's milk</li> <li>▪ ice cream</li> <li>▪ yogurt</li> <li>▪ cheese</li> <li>▪ cream</li> </ul>	<ul style="list-style-type: none"> <li>▪ fruited yogurt</li> <li>▪ any ice cream or cheese with nuts or seeds</li> <li>▪ any milk products if you are lactose intolerant</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>▪ coffee and tea</li> <li>▪ carbonated beverages</li> <li>▪ apple juice</li> <li>▪ strained juice</li> <li>▪ bottled water</li> <li>▪ tomato juice</li> <li>▪ fruit drinks without pulp, such as fruit punch</li> <li>▪ Kool-Aid or Hi-C (no red or purple)</li> <li>▪ nutritional supplements without added fiber, such as Boost or Ensure</li> </ul>	<ul style="list-style-type: none"> <li>▪ any beverage containing pulp or seeds, such as orange or grapefruit juice</li> <li>▪ prune juice</li> <li>▪ nutritional supplements that contain fiber</li> </ul>
<b>Breads, cereals, and starches</b>	<ul style="list-style-type: none"> <li>▪ refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry</li> <li>▪ refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K</li> <li>▪ potato and sweet potato without skin</li> <li>▪ white rice</li> <li>▪ refined pasta</li> <li>▪ refined pasta</li> </ul>	<ul style="list-style-type: none"> <li>▪ whole grain breads, cereals, and pasta</li> <li>▪ oatmeal</li> <li>▪ granola</li> <li>▪ any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit</li> <li>▪ corn bread</li> <li>▪ graham crackers</li> <li>▪ brown rice</li> <li>▪ wheat germ</li> <li>▪ bran</li> <li>▪ sprouted wheat</li> <li>▪ wild rice</li> <li>▪ barley</li> <li>▪ potato skins</li> </ul>

Low Residue (Low Fiber) Diet		
Food Group	Foods Allowed	Foods to Avoid
<b>Fruits</b>	<ul style="list-style-type: none"> <li>▪ <b>canned or cooked</b> fruit without skins or seeds (peaches, pears, apricots, apples)</li> <li>▪ applesauce</li> <li>▪ ripe banana</li> <li>▪ jellied cranberry sauce</li> </ul>	<ul style="list-style-type: none"> <li>▪ raw fruit (bananas are okay)</li> <li>▪ canned pineapple, oranges, grapefruit sections, mixed fruit</li> <li>▪ dried fruit</li> <li>▪ all berries, melons</li> <li>▪ whole cranberry sauce</li> <li>▪ avocado</li> <li>▪ coconut</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>▪ tender, well cooked fresh, canned and frozen vegetables without seeds such as peeled carrots, green beans, and beets</li> <li>▪ strained vegetable juice</li> <li>▪ strained tomato juice</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>all raw vegetables</b>, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc.</li> <li>▪ vegetables with seeds</li> <li>▪ <b>tough, fibrous cooked vegetables</b> such as: artichokes, asparagus, broad beans, broccoli, cauliflower, brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas (green peas), sauerkraut and cabbage, spinach, tomatoes, zucchini summer squash, winter squash</li> </ul>
<b>Meat and meat substitutes</b>	<ul style="list-style-type: none"> <li>▪ cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats</li> <li>▪ eggs</li> <li>▪ cheese</li> <li>▪ tofu</li> <li>▪ tuna fish</li> <li>▪ smooth peanut butter and other smooth nut butters</li> </ul>	<ul style="list-style-type: none"> <li>▪ non-tender meats</li> <li>▪ gristle</li> <li>▪ hot dogs</li> <li>▪ salami, cold cuts</li> <li>▪ meat substitutes made with whole grains, nuts, or seeds</li> <li>▪ dried beans, peas, lentils</li> <li>▪ crunchy style peanut butter and other crunchy nut butters</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>▪ salt, sugar, ground or flaked herbs and spices</li> <li>▪ vinegar</li> <li>▪ ketchup and mustard</li> <li>▪ soy sauce</li> <li>▪ jelly (but not jam or preserves)</li> </ul>	<ul style="list-style-type: none"> <li>▪ pepper</li> <li>▪ seed spices</li> <li>▪ seeds and nuts</li> <li>▪ coconut</li> <li>▪ popcorn</li> <li>▪ jams or preserves</li> <li>▪ pickles and olives</li> </ul>