

UPPER ENDOSCOPY (EGD) AND COLONOSCOPY SPLIT DOSE MiraLAX® PREPARATION

IMPORTANT: Please read these instructions TWO WEEKS before your EGD and Colonoscopy so you are well prepared. If you have diabetes, call your doctor to discuss your blood sugar medicines.

You have been scheduled for an Upper GI Endoscopy (EGD) and Colonoscopy with Duke Gastroenterology (Duke GI). An EGD is an exam of your upper GI tract (esophagus, stomach, and duodenum). A flexible tube will be put into your mouth. It then passes through to the first part of your small bowel. A colonoscopy is an exam of your colon (large intestine). A flexible tube will be put into your rectum and then moves 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 colonoscopies at several places. Please review your appointment date, arrival time and location.*

We strive to perform the safest and most careful exam for every patient. A colonoscopy may take longer for some patients than for others. As a result, your exam 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 EXAM

You will receive medicines during the exam to make you comfortable and sleepy. These medicines will be given by IV (a soft flexible tube in your arm). **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult 18 years or older with a valid driver's license who is **on site** through your entire procedure.

- This adult must stay with you for several hours after your exam.
- **If your companion does not stay on site, you will be asked to reschedule your exam.**
- You may not go home alone in a taxi, shuttle, van or bus. The drivers will not be responsible for you.
- You may not drive until the day after your exam.
- Some people may receive anesthesia rather than moderate sedation. Another appointment may be scheduled for a pre-anesthesia review if anesthesia is ordered for you.

SPECIAL MEDICINE INSTRUCTIONS

Please bring a list of your current medicines and doses the day of your exam.

Follow these medicine changes prior to your exam:

- **Blood thinners** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine and Aggrenox): These may need to be stopped 1 to 10 days before your appointment. Talk to the doctor that prescribed the medicines for instruction.
- **Iron pills:** Stop taking 7 days prior to your exam.
- **Patients with diabetes:** Follow these guidelines:
 - **Oral Medicine** (“sugar pill”): Do not take the day of your exam 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 exam.
Patients with insulin pumps need to bring their prescribed off-pump instructions.
 - **Check your blood sugar the morning of your exam.**
 - **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** (such as blood pressure pills): **Continue taking as usual.**
- If you have any questions about your medicines, call the doctor who writes your prescriptions.

OTHER INSTRUCTIONS;

- **Pacemaker or Internal Defibrillator:** Please bring your device information card. Give it to the nurse. Your care provider will need to know the brand name of your device prior to your exam.
- **Blood Products:** You may be unable or unwilling to accept blood products in an emergency. If so, 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.

UPPER ENDOSCOPY (EGD) AND COLONOSCOPY SPLIT DOSE MiraLAX® PREPARATION

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 equivalent to other colonoscopy preparations. If your physician has prescribed a colonoscopy preparation for you, please follow his or her orders. It is very important you **do not** take two different colonoscopy preparations. For questions or concerns, call 919-684-6437.

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:

- ☐ **Dulcolax®** (bisacodyl, 5 mg): 2 tablets (NOT suppositories)
- ☐ **MiraLAX®** powder:
 - 1 bottle, 238 gram (8.3 ounces)
 - AND
 - 1 bottle, 119 grams (4.1 ounces)
- ☐ **Gatorade G2®** (low-calorie, low-sugar): 3 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 may be used 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:

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.

6:00pm: Take 2 Dulcolax laxative tablets with a clear beverage of your choice

ONE (1) DAY BEFORE COLONOSCOPY:

Do NOT eat SOLID FOOD ALL DAY. 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 the colon

Morning: Put the 3 bottles of Gatorade (G2) in the refrigerator to chill. Start clear liquid diet.

5:00 pm: Pour the **8.3 ounce** bottle of MiraLAX® and **two (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.

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. Follow the recommendations on the front page about your medicines.

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 eat or drink anything RED or PURPLE**Beverages:**

- Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade
- Fruit juices without pulp – apple, white grape
- Green Tea, Herbal Tea
- Water

Soups:

- Low-sodium chicken or beef bouillon/broth
- Vegetable or soy broth

Desserts:

- Jell-O (lemon, lime, orange; no fruit or toppings)
- Popsicles (no sherbet or fruit bars)
- Italian Ice

Low Residue (Low Fiber) Diet		
Food Group	Foods Allowed	Foods to Avoid
Fruits	▪ canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples)	▪ raw fruit (bananas are okay)
	▪ applesauce	▪ canned pineapple, oranges, grapefruit sections, mixed fruit
	▪ ripe banana	▪ dried fruit
	▪ jellied cranberry sauce	▪ all berries, melons
		▪ whole cranberry sauce
		▪ avocado
		▪ coconut
Vegetables	▪ tender, well cooked fresh, canned and frozen vegetables without seeds such as peeled carrots, green beans, and beets	▪ all raw vegetables , such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc.
	▪ strained vegetable juice	▪ vegetables with seeds
	▪ strained tomato juice	▪ tough, fibrous cooked vegetables 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
Meat and meat substitutes	▪ cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats	▪ non-tender meats
	▪ eggs	▪ gristle
	▪ cheese	▪ hot dogs
	▪ tofu	▪ salami, cold cuts
	▪ tuna fish	▪ meat substitutes made with whole grains, nuts, or seeds
	▪ smooth peanut butter and other smooth nut butters	▪ dried beans, peas, lentils
		▪ crunchy style peanut butter and other crunchy nut butters
Miscellaneous	▪ salt, sugar, ground or flaked herbs and spices	▪ pepper
	▪ vinegar	▪ seed spices
	▪ ketchup and mustard	▪ seeds and nuts
	▪ soy sauce	▪ coconut
	▪ jelly (but not jam or preserves)	▪ popcorn
		▪ jams or preserves
		▪ pickles and olives