

COLONOSCOPY MIRALAX PREPARATION
LAHEY CLINIC BURLINGTON - REPORT TO THE 6 CENTRAL CLINIC ADMISSIONS DESK
LAHEY CLINIC PEABODY – REPORT TO ENDOSCOPY UNIT, 5TH FLOOR

RIDE

- Because you will be given sedation, you must arrange for a responsible adult to drive you home. A responsible adult must escort you even if you are taking a bus or taxi. **If you do not have an adult escort, your procedure will be cancelled.**
- **The person driving you home must report to the Endoscopy Unit before you will be released.**

MEDICATIONS

- **If you take aspirin, Ecotrin, Coumadin, Plavix or other blood thinners you must call your physician regarding temporarily discontinuing. If you have a stent in your heart, it may not be safe to discontinue these medications temporarily. Please call your physician.**
- If you are **diabetic** and take insulin or a diabetic pill, you must check with your physician regarding temporarily adjusting your dosage.
- You should continue taking all other regular medications.
- You may take Tylenol.

DIET

- Restricted residue diet (5 days prior): do not eat nuts, seeds, popcorn or corn. Discontinue fiber supplements: Metamucil, Citrucel, Fiberall, etc.
- Low residue diet: eggs any way except fried, cereals except whole grain and barley, white or seedless rye toast with butter or margarine, bananas, applesauce, peaches and pears without skin, juice without pulp, coffee and tea with or without milk or cream.
- Clear liquid diet (1 day prior and day of procedure): broth, bouillon, consommé, tea and coffee without milk or cream, carbonated beverages, juices without pulp, Italian ices, popsicles, Jell-O (no red or purple). We encourage you to drink clear liquids up until 4 hours before you procedure.

QUESTIONS

- Please review the preparation schedule below at least **7 days** prior to your procedure.
- **Endoscopy Scheduling Office: 781-744-8690 (Monday-Friday 8:00 AM- 4:00 PM).**

| 7 Days Prior | 5 Days Prior | 1 Day Prior | Procedure Day |
|---|--|--|--|
| <p>Contact your physician if you take the medications listed above.</p> <p>Avoid the use of aspirin products, ibuprofen products, or anti-inflammatory products (such as Aleve) for 7 days prior to the procedure</p> | <p>Purchase at the pharmacy:</p> <ul style="list-style-type: none"> • 4 Dulcolax tablets (No prescription needed) • 1 <u>238-gram bottle of Miralax</u> (No prescription needed). • Crystal Light (1 pkg.) lemon or iced tea flavor or you may mix with water. <p>Stop iron supplements</p> <p>Begin restricted residue diet (as above)</p> | <p>Diet: Low residue breakfast only before 8 AM then begin clear liquid diet until 4 hours before your procedure.</p> <p>Between 3 PM and 5 PM: Take 4 Dulcolax tablets</p> <p>Between 5 PM and 7 PM: 2 hours after taking Dulcolax mix entire bottle of Miralax with 64 oz. of Crystal Light. Drink one 8 oz glass every 10-15 minutes until solution is gone. Do not begin later than 7 PM.</p> | <p>Take your usual prescribed medications with a few sips of water.</p> <p>Nothing to drink 4 hours before your procedure.</p> <p>Leave jewelry, money and other valuables at home.</p> <p>Allow for 2-3 hours in the department.</p> |

Colonoscopy Preparation “Frequently Asked Questions”

Is there any way I can make this taste any better?

You can try sucking on hard candy. You can rinse your mouth with water or a mouthwash. Do not eat or drink anything while you are drinking the solution. Try drinking solution with a straw.

Why avoid red liquids?

The red color can persist in the colon and potentially look like blood. However, cranberry juice is permitted since it is a natural red color.

I feel like vomiting and don’t think that I can drink any more. What do I do?

It is important that you continue to drink the solution if at all possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you experience nausea, wait 15 minutes and resume drinking slowly. If you do vomit, wait 45 minutes and begin drinking the solution again. Try sipping the solution with a straw.

I drank a lot of the solution and I have not gone to the bathroom yet. What should I do?

Keep drinking. Most people have a bowel movement after an hour. Some patients may take 2 hours or longer.

I am taking the prep and now have loose watery stools. Do I still need the rest of the prep?

Yes, you may have solid stool higher in the colon that needs to be eliminated.

I already have diarrhea before taking the prep, do I still have to take the prep?

Yes, you must take the prep as directed by your physician. Your colon is approximately 6 feet long. The entire colon must be emptied for your physician to see the colon clearly.

I see yellow color in the toilet bowl and a few flecks. What do I do?

If you have finished the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine.

My bottom is so sore. What can I do?

When cleaning the area, avoid rubbing, gently pat with a wet washcloth or moist baby wipes. You may also apply Vaseline.

Can I drink alcoholic beverages?

Do not drink any alcoholic beverages prior to your procedure since they can cause dehydration.

Can I chew gum or suck candy?

Yes, but nothing with soft centers or red color.

Can I brush my teeth?

Please do.

Can I wear my dentures?

Yes, you may wear your dentures to the Endoscopy Suite. However, you may be asked to remove them depending on the procedure that you are having.

I have been instructed not to take anti-inflammatory medications or blood thinners several days before the procedure. What can I take for headaches and pain relief?

You may take Tylenol.

Can I have the colonoscopy done if I have my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).

Why do I have to stop taking aspirin, anti-inflammatory medications and blood thinners?

Some medications (prescription and over-the-counter) can reduce the body’s ability to form blood clots and taking these before a colonoscopy procedure may increase your risk of bleeding if a polyp needs to be removed. The decision to stop any medication is always based on an estimate of the risk of having a significant medical problem during the short time that you are off them compared to the risk of bleeding complications from the procedure. It is very important that you speak with your physician if you are taking Coumadin, Plavix or aspirin/ecotrin for a specific medical problem.