

Getting Ready for Your Colonoscopy (Extended 2-Day MiraLAX®)

Read this entire document at least 1 week before your test. Let's review how to get ready for your colonoscopy using MiraLAX®. We've provided a **Prep Checklist** on the last page to help you plan your prep.

1 Week Before Test

Arrange Transportation

Due to the sedation medicines, you must have a responsible adult drive you home. It is recommended that you are observed for at least 6 hours after discharge.

Health Changes

Please tell us about any major health changes, illnesses, or recent hospital stays you have had since you scheduled your test. If at any time you have symptoms of illness (cough, stuffy nose, sore throat, fever, body aches, chills), please call the procedure center to reschedule your test. You should not have this test while ill.

Blood Thinners and Diabetes Medicines

You **must** call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. That doctor will tell you how to safely do this.

The UW Digestive Health Center suggests talking to your doctor using the table listed. That doctor should give you the final advice on stopping these medicines.

Ask your doctor about your bleeding risk with this test. If your doctor feels your bleeding risk is low, they will likely have you follow the schedule below to stop your blood thinning medicines. If your doctor feels your bleeding risk is high, they may have you follow a different timeline.

The list below has common blood thinning medicines. It does not include **all** blood thinning medicines.

Name of Medicine	When to Stop
Prasugrel (Effient)	7 days before
Warfarin (Coumadin)	5 days before
Clopidogrel (Plavix)	5 days before
Ticagrelor (Brilinta)	5 days before
Cilostazol (Pletal)	1 day before
Dabigatran (Pradaxa)	1 day before
Rivaroxaban (Xarelto)	1 day before
Apixaban (Eliquis)	1 day before
Edoxaban (Savaysa)	1 day before

If your doctor tells you **not** to stop your medicine, please call the Digestive Health Center at **608-890-5010**, as this may affect your procedure.

Iron, Multivitamins with Iron and Fish Oil

Stop taking these 5 days before your test. (You do not need to contact your doctor first).

Constipation

You may need extra prep if you are often constipated or if you have had problems prepping before. Please call to talk about this in more detail.

3 Days Before Test

Low Fiber Diet

Stop the following foods and medicines. These foods may slow your digestion, and your colon may not be clean enough for your test:

- Corn, popcorn, seeds or nuts. Uncooked vegetables, beans and lentils, potato skins.
- Fruits with skins or seeds.
- Whole grain breads, granola or high fiber cereals.
- Fiber supplements (like Metamucil[®], Citrucel[®], or Benefiber[®]).
- Anti-diarrhea medicines (like Kaopectate[®], Lomotil[®], Pepto-Bismol[®] and Imodium[®] or loperamide).

Bowel Prep Tip

For a list of safe foods visit: patient.uwhealth.org/healthfacts/381

Pick up Supplies

- 4 Bisacodyl (5mg) laxative tablets
- MiraLAX[®] (2 of the 8.3 oz bottles)
- Four 28-32oz bottles of Gatorade[®] or Powerade[®]

2 Days Before Test

Diet

You can eat and drink like normal until 12 pm, noon. After noon, do not eat or drink any solid food or dairy products.

Begin **clear liquid diet**. Be sure to drink at least 8 glasses of clear “see-through” liquids. Clear liquids include:

- Water, clear sports drinks like Gatorade[®]
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O[®]
- **No** creamers, milk or other dairy products
- **No** red or purple liquids or Jell-O
- **No** solid food

Medicines

Take your daily medicines **except** those you were told to stop.

Begin the Bowel Prep

Between 3 pm-7 pm, mix two 28-32oz of Gatorade with one 8.3oz bottle of Miralax. Drink the entire 28-32oz of Gatorade mixture and if can, drink more fluids during this time. This may give you loose stools and mild cramping.

Bowel Prep Tip

Add yellow Crystal Light[®] lemonade to each glass to improve taste

1 Day Before Test

Diet

Continue **clear liquid diet**. **No** solid food.

Medicines

Take 4 bisacodyl tablets in the morning.

Take your daily medicines except those you were told to stop.

Bowel Prep

- Mix half of the MiraLAX[®] powder into 28-32 oz of Gatorade[®] or Powerade[®].
- Start drinking your prep mixture at the time listed on your **Prep Checklist**.
- If you can, keep drinking clear liquids to stay hydrated.

Test Day

Diet

- **No food**
- Stay on only clear liquids (**no** red or purple)
- Stop drinking everything, even water, **4 hours before** you arrive.

Bowel Prep

- Mix second half of Miralax powder into 28-32oz bottle of Gatorade[®] or Powerade[®].
- Start drinking the rest of the prep **mixture 6 hours before you arrive for your test**. This may be in the middle of the night.

As you finish the prep, your stools should be watery clear or yellow, with no solids (flecks of stool are OK). If you are still passing solid or brown stools, please call the procedure center. Allow time for prep to work before leaving home.

Medicines

If you need to take medicine during the 4 hours before your test, drink no more than 1/2 cup of water (4 ounces). Follow your provider's directions for your diabetes or blood thinning medicines.

What to Bring

- CPAP or BiPAP and any inhalers that you use
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing
- Phone number for your driver

Do **not** bring:

- Jewelry
- Money
- Other valuables

Before the Test

- When you arrive, you can choose if your driver waits in the waiting room or in your private room where they will hear private health information.
- The doctor will talk with you, answer questions, and ask you to sign a consent form.
- A nurse will review your health history, take your vital signs and attach a heart monitor.
- A nurse will place an IV and give you medicines to help you relax and keep you comfortable.
- Your visit will take about 2-3 hours.

After the Test

- Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.
- You may feel tired when you leave.
- Spend the day resting at home. You cannot drive or return to work. You can return to your normal routine the next day.
- It may take up to a week for your bowel habits to return to your normal.

Results

If you have biopsies taken or polyps removed, you can expect to get lab results 1-2 weeks later. Your results will be sent to your MyChart account. If you don't have a MyChart account, someone will call you with results or results will be mailed to you.

Bowel Prep Tip

To learn more about colon polyps visit:
patient.uwhealth.org/healthfacts/7917

When to Call

- If you are still passing solid stools or your bowels have not started to empty by the morning of your test.
- You have severe cramps
- You feel dizzy or lightheaded

Who to Call

Patient Resources

(If you need help finding a ride to and from your test)

608-821-4144

Digestive Health Center

(608) 890-5010

UW Hospital GI Procedure Clinic

(608) 263-8094

Meriter/Unity Point

(608) 417-6389

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8259.

Prep Checklist

1 Week Before Test

- ☐ Find safe transportation for the day of your test
- ☐ Talk to your primary doctor about your diabetes and/or blood thinning medicines
- ☐ Call if you are constipated, had trouble prepping in the past or if you've had any major health changes since you scheduled your test
- ☐ Stop iron supplements and vitamins with iron and fish oils **5 days** before your test

3 Days Before Test

- ☐ Start a low fiber diet
- ☐ Pick up your bowel prep supplies

2 Days Before Test

- ☐ At **12 pm (noon)** start **clear liquid diet** and stop solid food and dairy products
- ☐ **Between 3 pm-7 pm: Drink two 28-32oz Gatorade bottles with one 8.3oz Miralax Powder.**
- ☐ Take daily medicines (except those you were told to stop)

1 Day Before Test

If your test is **before** 11:00 am:

- ☐ Morning: Take 4 bisacodyl tablets
- ☐ **Between 4 pm- 6 pm:** Mix half of the MiraLax[®] powder into 28-32oz of Gatorade[®] or Powerade[®]
- ☐ Drink the entire 28-32oz of prep mixture
- ☐ Keep drinking clear fluids to stay hydrated

If your test is **after** 11:00 am:

- ☐ Morning: Take 4 bisacodyl tablets
- ☐ **Between 6 pm- 8 pm:** Mix half of the MiraLax[®] powder into 28-32oz of Gatorade[®] or Powerade[®]
- ☐ Drink the entire 28-32oz of prep mixture
- ☐ Keep drinking clear fluids to stay hydrated

Day of Test

- ☐ **6 hours before test** mix the second half of the MiraLAX[®] powder into the other 28-32 oz bottle of Gatorade[®] or Powerade[®]. Start drinking the prep.
- ☐ Keep drinking other liquids to stay hydrated
- ☐ **4 hours before arrival,** stop all liquids (even water)
- ☐ Call if you are still passing solid or brown stools or your bowels have not started to empty