

Miralax-Gatorade Colonoscopy Prep (Dr. Elsheikh)

To ensure a successful exam, please follow all instructions carefully.

History & Physical Exam

Williams Integracare will inform you if you need a pre-op exam and get your visit information to the St. Cloud Surgical Center for review

If you have diabetes, ask your physician for diet and medication instructions.

You MUST arrange a ride and 24-hour escort for the day of your exam. If you fail to arrange acceptable transportation and someone to stay with you for 24 hours after, your procedure will need to be rescheduled.

AVOID ASPIRIN, ADVIL, IBUPROFEN, MOTRIN, ALEVE, FISH OIL, VITAMIN E, AND OTHER BLOOD THINNERS FOR 7 DAYS PRIOR TO YOUR PROCEDURE UNLESS OTHERWISE INSTRUCTED. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Coumadin, or Warfarin. Tylenol is okay.

Prep Instructions

COLONOSCOPY PREP INSTRUCTIONS

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- 4 – Dulcolax laxative tablets containing 5 mg of Bisacodyl each **(NOT Dulcolax stool softener)**.
2 tablets Simethicone tablets (over the counter)
- 1 – 8.3 oz. bottle Miralax (238 grams).
- 64 oz. clear liquid **(NOT red or purple)**. Gatorade, G2, Gatorade Ice, Powerade, Powerade Zero, or Propel are acceptable.

3 Days PRIOR to your Colonoscopy:

It is recommended to follow a Low Fiber Diet to assist with your colon prep.

1 DAY BEFORE YOUR COLONOSCOPY

- Begin a clear liquid diet. **DO NOT EAT SOLID FOODS, CLEAR LIQUIDS ONLY** Drink at least 8 glasses of water during the day to avoid dehydration.
Take one tablet of Simethicone 80mg in the morning.
- Between 8:00 am and 12:00 noon, take 4 Dulcolax tablets. Mix 64 oz. liquid with 8.3 oz. Miralax and place in the refrigerator (**DO NOT ADD ICE**).
- Between 3:00 pm and 6:00 pm, start drinking the Miralax / Gatorade solution, drinking one 8 oz. glass every 15 to 30 minutes thereafter until the mixture is gone. Set a timer to keep pace.
Take one tablet of Simethicone 80mg in the evening

CLEAR LIQUIDS - **OK to use**:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, pop

NOT CLEAR LIQUIDS- **DO NOT** use:

- No Red or purple items of any kind
- No Alcohol
- No Milk or non dairy creamers
- No noodles or vegetables in broth
- No juice with pulp
- No liquid you cannot see through

DAY OF YOUR COLONOSCOPY

- You may take all your morning medications as instructed with up to 4 oz. of water.
- 2 Hours before arrival for your procedure, stop drinking all clear liquids.
- You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

- Rarely people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over-the-counter remedies including hydrocortisone creams, baby wipes, or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

See the following Brochure for more information about what to expect.

TELEPHONE NUMBERS:

- Questions regarding prep or procedure:

Weekdays, 8 a.m. to 5 p.m.

320-251-8385 option 4 — Health History Nurse Line

- To cancel or reschedule your colonoscopy, please call your clinic at least 2 days before the day of your procedure.

Low Fiber Diet (next page)

Low Fiber Diet

Start 3 days before your procedure to assist in your prep for your colonoscopy

Foods You Can Eat

Foods You Should Not Eat

Breads, Cereal, Rice, Pasta - White bread, rolls, biscuits, croissant, melba toast - Waffles, French toast, pancakes - White rice, noodles, pasta, peeled cooked potatoes - Plain crackers, saltines - Cooked cereal: puffed rice, Rice Krispies, Corn Flakes, Special K	Breads, Cereal, Rice, Pasta - Breads or rolls with nuts, seeds or fruit - Whole wheat, pumpernickel, rye breads; cornbread - Potatoes with skin, brown or wild rice, kasha(buckwheat)
Vegetables Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin	Vegetables - Raw or steamed vegetables - Vegetables with seeds - Sauerkraut - Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, baked beans, and corn
Fruit - Strained fruit juice - Canned fruit, except pineapple - Ripe bananas - Melons	Fruit - Prunes and prune juice - Raw or dried fruit (except ripe bananas and melons) - All berries, figs, dates, and raisins
Milk and Dairy - Milk, plain or flavored - Yogurt, custard and ice cream - Cheese and cottage cheese	Milk and Dairy Yogurt with nuts or seeds
Meat, Poultry, Fish, Eggs - Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats - Eggs - Peanut butter without nuts	Meat, Poultry, Fish, Eggs - Tough, fibrous meats, with gristle - Dry beans, peas, lentils - Peanut butter with nuts
Fats, Snacks, Sweets, Condiments, Beverages - Margarine, butter, oils, mayonnaise, sour cream, salad dressing, - Plain gravies - Sugar, clear jelly, honey, syrup - Spices, cooked herbs, bullion, broth, soups made with allowed vegetables - Coffee, tea, carbonated drinks - Plain cakes and cookies - Gelatin, plain puddings, custard, ice cream, sherbet, popsicles - Hard candy, pretzels	Fats, Snacks, Sweets, Condiments, Beverages - Nuts, seeds coconut - Jam, marmalade, preserves - Pickles, olives, relish, horseradish - Desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran - Candy made with nuts or seeds - Popcorn