



# Colonoscopy Preparation

## Using Generic for MiraLAX (Polyethylene Glycol 3350 Powder)

To ensure a successful colonoscopy, it is very important that you read these instructions well in advance and follow them completely.

- Before your procedure, you will need to thoroughly clean out your colon. For most patients, this is harder than the test itself, but it is critical for the procedure's success. Stool remaining in the colon can hide polyps or other abnormalities. You must complete all of the preparation to ensure the most effective cleaning. **If your colon is not well prepared before the colonoscopy, you may need to reschedule the procedure and again pay any required copay.**
- Go to the pharmacy or drugstore of your choice to purchase the following items. You do not need a prescription.
  1. Generic for MiraLAX (Polyethylene glycol 3350 powder): One 8.3 oz. (238 gram) bottle
  2. Generic for Dulcolax (Bisacodyl 5 mg laxative tablets): One box
  3. Magnesium Citrate: One 10 oz. bottle, **no red or purple color.**
  4. Gatorade (yellow or green only): Two 32 oz. bottles. Please purchase from your local grocery store.
- Due to regulatory requirements and your safety, you must arrange for someone to drive you home after the procedure. Be sure to have a driver who is prepared to remain at the facility during your procedure, which will take between 2 to 3 hours. **If you do not have a driver, your appointment will be rescheduled.**
- Three days before your procedure, start a low fiber diet.

	ONE DAY BEFORE your procedure	DAY OF your procedure
Diet Instructions	<ul style="list-style-type: none"><li>✓ NO SOLID FOODS from the time you wake up until after the procedure.</li><li>✓ Drink CLEAR FLUID all day.</li><li>✓ Water (plain or flavored), light/clear tea, broth, Ensure clear, Gatorade (yellow or green only), apple or white grape juice, Sprite, 7-up, Ginger-ale, jello (yellow or green only), popsicles (non-pulp). No red, purple, or orange.</li><li>✓ No alcohol</li><li>✓ NO milk, shakes, smoothies, juices that are red or purple, orange juice. No red colored fluids. (These may mimic blood.)</li></ul>	<ul style="list-style-type: none"><li>✓ You can drink clear liquids up to 3 hours before your appointment.</li><li>✓ No gum, candy, or breath mints</li><li>✓ DO NOT drink or eat anything after finishing the remainder of your Gatorade/generic MiraLAX solution at least 3 hours before your appointment.</li></ul>

	ONE DAY BEFORE your procedure	DAY OF your procedure
Bowel Preparation	<ul style="list-style-type: none"> <li>✓ Mix <math>\frac{1}{2}</math> of the generic MiraLAX into EACH 32 oz. Gatorade bottle until dissolved and keep cold in the refrigerator.</li> <li>✓ <b>4 p.m.</b> - Take <u>two</u> of the 5 mg bisacodyl laxative tablets with water. Continue clear liquids.</li> <li>✓ <b>6 p.m.</b> - Drink one of the bottles of the Gatorade/generic MiraLAX solution 8 oz. at a time. Drink 8 oz. (or a large glass) every 15 to 30 minutes. This should take 1 to 2 hours until the first bottle is gone. (You will drink the remaining bottle of Gatorade/generic MiraLAX solution on the day of your procedure.)</li> </ul>	<ul style="list-style-type: none"> <li>✓ You may take your medications with sips of water. (Take them 1 hour before drinking your Gatorade/generic MiraLAX solution so that the medicines have time to be absorbed.)</li> <li>✓ <b>5 hours before</b> your appointment: <ul style="list-style-type: none"> <li>- Take two of the 5mg bisacodyl laxative tablets with water.</li> <li>- Start drinking the remainder of your Gatorade/generic MiraLAX solution, as well as the magnesium citrate. You should finish drinking both the MiraLAX solution and magnesium citrate - at latest - 3 hours before your scheduled arrival time.</li> </ul> </li> <li>✓ Take nothing by mouth 3 hours before your procedure.</li> </ul>
Important Reminders	<ul style="list-style-type: none"> <li>✓ Confirm that you have a driver who will bring you to your appointment and stay in the facility during your procedure.</li> <li>✓ Take your regular medications the day before your procedure unless otherwise directed by your doctor.</li> <li>✓ If you have diabetes, see the back for additional instructions.</li> </ul>	<ul style="list-style-type: none"> <li>✓ DO NOT wear contact lenses.</li> <li>✓ DO NOT wear any jewelry or bring valuables.</li> <li>✓ DO NOT apply lotion or cream to your skin.</li> <li>✓ Wear comfortable, loose fitting clothes.</li> <li>✓ Wear flat shoes or sneakers.</li> </ul>

## MEDICATION INSTRUCTIONS

### These medications may be continued as usual:

**Acetaminophen (Tylenol):** It is okay to continue taking acetaminophen (also known as Tylenol).

**Aspirin:** DO NOT STOP taking your daily low dose (81mg) aspirin treatment.

**Blood pressure medications** such as atenolol, metoprolol, carvedilol, or lisinopril may be continued, including the day before and the day of your procedure.

### Please contact your physician as directed to see if it is safe to stop the following medications:

**Dabigatran (Pradaxa):**

Contact your cardiologist or primary care physician to make sure it is safe to stop taking this medication 2 days before the procedure, as well as the day of your procedure (3 days total).

**Diuretics (Water Pills):**

**DO NOT** take your diuretic the day before your procedure. You can resume taking your diuretic after your procedure, that same day. Diuretics include furosemide (generic for Lasix), hydrochlorothiazide, and triamterence/hydrochlorothiazide (generic for Maxzide).

**Clopidogrel (generic for Plavix), aspirin/dipyridamole (Aggrenox), or other blood thinners:**

Contact your cardiologist or primary care physician to make sure it is safe to stop taking these medications 7 days before the procedure.

**Iron supplements:**

**STOP** taking your iron supplements 7 days before your procedure.

**Nonsteroidal Anti-inflammatories (NSAIDs):**

**STOP** taking your nonsteroidal anti-inflammatory medications, such as ibuprofen (also known as Advil or Motrin), or naprosyn (also known as Aleve) 7 days before the procedure. Check with your primary care doctor before your procedure if you have any questions.

**Warfarin (generic for Coumadin):**

Contact your primary care doctor or the Anticoagulation Clinic to make sure it is safe to stop taking Warfarin 5 days before the procedure.

## ADDITIONAL INSTRUCTIONS FOR PATIENTS WITH DIABETES

(Unless otherwise instructed by your primary care doctor or Endocrinologist)

	ONE DAY BEFORE your procedure	DAY OF your procedure
<b>Type 2 Diabetes</b>	<ul style="list-style-type: none"> <li>✓ Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids.</li> <li>✓ Check your blood sugars at least twice (in the morning before beginning your clear liquids and at bedtime).</li> </ul>	<ul style="list-style-type: none"> <li>✓ <b>DO NOT</b> take any oral diabetes medications, such as glipizide (generic for Glucotrol) or pioglitazone (generic for Actos).</li> <li>✓ You may continue metformin (generic for Glucophage).</li> <li>✓ Check your blood sugar in the morning before your arrival time.</li> </ul>
<b>Type 1 Diabetes</b>	<ul style="list-style-type: none"> <li>✓ Contact your Endocrinologist or Diabetic Care Provider.</li> </ul>	<ul style="list-style-type: none"> <li>✓ If you take any long-acting insulin, take half the dose.</li> <li>✓ <b>DO NOT</b> take any short-acting insulin (Insulin Regular, Aspart, Lispro) unless you are using a sliding scale.</li> <li>✓ Check your blood sugar in the morning before your arrival time.</li> </ul>

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.