

MIRALAX[®]/DULCOLAX[®] COLONOSCOPY PREP

Split Two-day prep

Please read these instructions carefully at least one week prior to your exam.



Colonoscopy is an examination in which the doctor uses a flexible instrument containing a small camera to transmit the image of the colon onto a large screen. Colonoscopy is the best means to check the health of the colon, to screen for colon cancer, and to remove abnormal growths, called polyps. Undergoing bowel prep for a colonoscopy is certainly not a pleasant activity, but your effort is essential for an accurate colonoscopy procedure.

The following instructions are intended to maximize the ease, safety, and success of your bowel prep.

ONE WEEK BEFORE PROCEDURE

- Obtain two 8.3 ounce bottles of MiraLAX[®] laxative and one box of Dulcolax[®] tablets from your pharmacy or grocery store. No prescription is needed.
- Avoid eating any nuts, seeds, or popcorn four days prior to your procedure.



Your medicine regimen may need to be modified, for your procedure. For your safety and health it is extremely important that you read the section below and let our office know whether you take any of the listed medications.

A physician's order is required before any prescribed medication is held, modified or discontinued in order to ensure your safety!

- Use breathing inhalers and take prescribed blood pressure, heart, anxiety, and depression medications on the morning of the exam, or your procedure may have to be canceled!
- Diabetic medications require modification by a physician to prevent low sugar reactions or unacceptable high glucose readings.
- Aspirin therapy may be continued for procedures.
- Discontinue Lovenox 12 hours before procedure.
- NSAIDS including Ibuprofen (Advil, Motrin), Naproxen (Aleve), Meloxicam (Mobic), Excedrin, and Goody & BC powders should be discontinued if possible, for five days prior to procedure.

Certain medicines can cause bleeding problems.

Let our office know as soon as possible if you take any medications such as those listed below.

Do **NOT** stop taking medications without a specific physician order to do so.

ANTIPLATELET AGENTS:

Examples include but are not limited to:

- Dipyridamole (Aggrenox[®], Persantine[®])
- Thienopyridines
 - ✓ Clopidogrel (Plavix[®])
 - ✓ Prasugrel (Effient[®])
 - ✓ Ticlopidine (Ticlid[®])
 - ✓ Ticagrelor (Brilinta[®])

OTHER:

- Pentosan polysulfate (Elmiron[®])

ANTICOAGULANTS:

Examples include but are not limited to:

- Warfarin (Coumadin[®], Jantoven[®])
- Fondaparinux (Arixtra[®])
- Direct factor Xa inhibitors
 - ✓ Rivaroxaban (Xarelto[®])
 - ✓ Apixiban (Eliquis[®])
 - ✓ Edoxaban (Lixiana[®], Savaysa[®])
 - ✓ Betrixaban (Bevyxxa[®])
- Direct thrombin inhibitors
 - ✓ Dabigatran (Pradaxa[®])
 - ✓ Desirudin (Iprivask[®])

DAY BEFORE PROCEDURE

- You may have a light breakfast, such as eggs and dry toast to be eaten by 9:00AM.
- After breakfast, you may have **ONLY** clear liquids and bowel prep.
- **DO NOT** have any solid food.
- **DO NOT** drink any beverage containing milk products.
- **DO NOT** drink any red, purple, or green liquids.
- **DO NOT** drink alcoholic beverages.
- **DO NOT** smoke for 24 hours prior to your procedure.

The following liquids are OK to drink:

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade, and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

Do NOT follow the directions on the bowel prep package. Instead follow the directions below that your doctor has prescribed to drink bowel prep. It is important that you drink ALL the liquid.

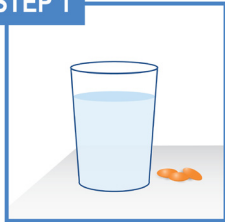
FIRST DOSE

12:00 NOON

day before procedure

Complete steps 1-4 as indicated below. Stay close to the bathroom, as you will have diarrhea.

STEP 1



At noon, take three Dulcolax® tablets with a glass of clear liquid.

STEP 2



Mix an 8.3-ounce bottle of MiraLAX® into 64 ounces of clear liquid. See list above for approved beverages.

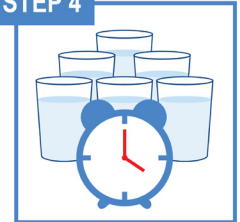
MiraLAX® is tasteless when added to most beverages

STEP 3



At 12:30, begin drinking a glass every 10-15 minutes.

STEP 4



Consume all the liquid by 4:00PM.

Continue drinking clear liquids, as the more you consume, the better the laxatives will work.

SECOND DOSE

5:00 AM

day of procedure

Repeat steps 2-4 with the second bottle of MiraLAX®, drinking all the mixture by 9:00AM. Do not consume any food or drink after 9:00AM.

DAY OF PROCEDURE

- **Limit fluid intake.** After completing prep by 9:00AM, do not consume any food or drink. Drinking too closely to the exam may make it necessary to cancel the exam.
- **Take blood pressure medications** and any directed by your physician.
- **Bring a driver.** You will receive intravenous medicine to sedate you. Therefore, your exam **WILL NOT** be done unless you bring an **ADULT** companion 18 or older to drive you home. Your companion must stay at facility during entire procedure. You will not be able to drive the remainder of the day.



TIPS TO MAKE BOWEL PREP EASIER

- Drink fast rather than sipping.
- Use a straw to help get solution down quickly.
- Mix the solution ahead of time and chill it to make it more pleasant to drink. However, if it is too cold it may be hard to drink quickly.
- Purchase moist wipes, witch hazel wipes, or hemorrhoid cream to ease discomfort from frequent bowel movements.
- Apply petroleum jelly around anus to protect from irritation due to frequent bowel movements.

Colonoscopy is an important and potentially life saving procedure, but it can be intimidating if you don't know what to expect. We want you to have all the information you need to prepare. A list of our most frequently asked questions can be found on our website in the FAQ section at gastroaugusta.com.