



# Medical Clinic of Houston, L.L.P.

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## **Gatorade / Miralax Prep for Colonoscopy**

You need to buy the following (no prescriptions are needed):

- 1) **One 64 oz or two 32 oz bottles of Gatorade**, Propel, Crystal Lite or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade. Refrigerate if you prefer to drink it cold.
- 2) **Dulcolax laxative tablets** (not suppository or stool softener and you will need 6 tablets for the prep).
- 3) **Miralax 238 grams (8.3 ounces) powder** or generic polyethylene glycol 3350 (can find in laxative section)
- 4) **Infants' Mylicon Liquid one bottle** – ask pharmacist for substitute if this brand is not available

One Week Prior to Your Procedure:

- 1) Discontinue fiber supplements: Metamucil, Citrucel, Fibercon, etc....
- 2) Discontinue taking iron pills or medications that can cause bleeding (Alleve, naprosyn, Motrin, ibuprofen, sulindac, or any other NSAID). Use Tylenol for pain if needed.
- 3) Discontinue Plavix / Aggrenox – check with your cardiologist or prescribing physician prior to stopping
- 4) If you are on aspirin because of a history of stroke or heart disease then continue aspirin; otherwise stop it.
- 5) Discontinue all over the counter herbal products / Vitamin E.

Five days prior to your procedure stop coumadin – check with your cardiologist or prescribing physician prior to stopping

Two days prior to your procedure – low residue diet

**Allowed:** soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids

**Avoid:** fresh and dried fruit, all vegetables, raisins, dried fruits, nuts, seeds, cloves, any other meat besides what is listed above

**One day before the colonoscopy: this is the prep day, only clear liquids are allowed till the procedure is completed. Consumption of anything other than clear liquids will impair the quality of the prep and thus impair the quality and safety of the colonoscopy. You may have clear liquids up until 6 hours prior to your procedure. Nothing by mouth for 6 hours prior to the procedure unless directed to do so.**

**Allowed:** Clear liquid diet is liquid food that you can see through. This includes water, fruit juices, jello, clear broth or bouillon, clear fluids (Sprite, sports drinks, etc...), popsicles, etc. Please consume plenty of clear liquids! A colonoscopy prep can cause dehydration and loss of electrolytes if you do not!

**Avoid:** All solids foods, milk and milk products, and any item with red dye. Limit coffee and tea as they can dehydrate you.

**One day before the colonoscopy: begin the colon prep as detailed below.**

- 1) In the morning, in a pitcher mix the 8.3 oz of Miralax with the 64 oz of Gatorade and 3 milliliters (cc) of the Mylicon drops. Stir / shake the contents until entire contents of Miralax are completely dissolved. Chill if desired
- 2) At 1PM take 3 tablets of dulcolax laxative pill with water by mouth.
- 3) At 3 PM drink half the Gatorade / Miralax / Mylicon solution. Drink one 8 ounce glass every 15 minutes. You may drink it directly or through a straw.
- 4) At 9 PM drink the other half of the solution. Again drink one 8 ounce glass every 15 minutes till finished with all of the solution.
- 5) At 10 PM take the other 3 tablets of dulcolax.
- 6) **If your procedure is scheduled for 12 PM or later** follow the directions as above but drink the first half of the solution at 6PM the day prior to your procedure, the second half at 6AM the day of the procedure and take the second 3 Dulcolax at 7AM the day of the procedure (with a small glass of water).

**If you are diabetic:**

- 1) Use sugar-free drinks during the prep and monitor your blood sugar closely to prevent low blood sugar and use insulin sliding scale if needed for high values
- 2) If you are on insulin take half of your usual evening dose the day prior to the procedure and also on the morning of the procedure.
- 3) Hold your diabetic medication the morning of the test if you are not on insulin.

**Helpful tips:**

- 1) Some people may develop nausea with vomiting during the prep. The best remedy for this is to take a break from drinking the solution for about 30 minutes and then resume drinking at a slower rate. It is important to drink the entire contents of the solution.
- 2) Walking between drinking each glass can help with bloating.
- 3) Use baby wipes instead of toilet paper.
- 4) Apply some Vaseline or Desitin to the anal area / between buttocks prior to beginning the prep and reapply as needed.
- 5) Remain close to toilet facilities as multiple bowel movements may occur. This prep often works within 30 minutes but may take as long as three hours.

**Day of procedure:**

- 1) If you take blood pressure or heart medicine you may take it with a sip of water.
- 2) You can have clear liquids up until 6 hours prior to the scheduled procedure time.
- 3) Wear loose clothing and leave your jewelry and valuables at home.
- 4) Bring a list of all your medications to the center.
- 5) We generally run on schedule so please arrive on time. Occasionally an unforeseen event may cause us to be delayed. Please bring some material to keep you occupied if one of these rare events occurs.
- 6) **YOU MUST HAVE A RIDE AFTER THE PROCEDURE!** A responsible adult must take you home. Going in a taxi or bus by yourself will not be allowed.

## **General Colonoscopy Information**

### COLONOSCOPY

A procedure on a clean, prepared colon using a flexible scope with fiber optics to visualize the entire colon (also known as the large intestine) for colon cancer screening and possibly visualize the last part of the small intestine. It also allows for treatment such as removal of polyps, biopsies of unusual areas or control of bleeding.

### LENGTH OF PROCEDURE

The procedure usually lasts from 20-30 minutes but can take longer if polyps are present, if the colon is excessively long or twisted, or if excessive scar tissue exists. The extent of time required from check-in to check-out is approximately 3 hours.

### AWARENESS DURING THE PROCEDURE

The procedure is usually done with moderate “conscious” sedation where you are comfortable during the exam. You may fall asleep but are easily aroused. Occasionally deeper anesthesia with an anesthesiologist present is used. Which one used depends on a variety of issues including medical history and past experience with anesthesia. You may experience some cramping or “gassiness” during the procedure or after.

### PREPARATION

You should receive instructions for preparing your colon from the office. It can also be found on our website [www.mchllp.com](http://www.mchllp.com) under patient information / procedure prep. Please also review the video on colonoscopy prep on our website.

### AFTER THE PROCEDURE

You cannot drive home after the procedure due to the IV sedation and you should not drive that day. You must make arrangements to have someone to take you home from the hospital. Even if you want to take a cab / bus home you must have someone with you that will be responsible for you. You should take the rest of the day off and not operate any machinery, go to work or sign any legal documents for the rest of the day. It is preferable that someone stay with you until the following morning. You should be able to return to work the following morning.

### COMPLICATIONS

Complications uncommonly occur. If one does occur it will be treated appropriately. This could require hospitalization, medication, additional procedure(s), blood transfusion or surgery. Please contact Dr. Lahoti immediately if you experience any of the following:

1. Temperature of 101 degrees or higher any time within 72 hours after the procedure.
2. Blood from the rectum of greater than one teaspoon.
3. Severe abdominal pain.
4. Any symptoms that may concern you.

### ALTERNATIVES

Alternatives include sigmoidoscopy (only looks at the ending of the lower colon), barium enema (radiology study), 3-D virtual colonoscopy (not yet approved as a screening tool and usually not covered by insurance), and stool hemoccult testing. Please make an appointment in the office if you would like to discuss the alternatives further.

#### RESULTS AND FOLLOW-UP

Results will be given both verbally and in written form right after the procedure. They will be discussed with you and anyone waiting for you if you so direct. Pathology results will be mailed to you within 2 weeks. We will contact you by phone if anything needs immediate follow-up. If you have not heard anything by 2 weeks then contact the office for results.

Office follow-up is usually not necessary after a routine colonoscopy. If you would like a follow-up appointment or other issues are involved, then schedule a follow-up office appointment. Your next recommended colonoscopy is usually based on family history, findings at the time of colonoscopy, pathology results or other risk factors.

#### INSURANCE

Colonoscopies are frequently covered by insurance companies. You may still be responsible for a deductible or a co-payment. While our office will generally pre-certify your procedure, IT IS YOUR RESPONSIBILITY TO CALL YOUR INSURANCE COMPANY TO VERIFY YOUR BENEFITS FOR THIS PROCEDURE. Medicare does not require precertification.

#### ADDITIONAL INFORMATION

<http://www.asge.org/PatientInfoIndex.aspx?id=7838>

<http://www.asge.org/education-videos/colonvideo1.html>

<http://www.acg.gi.org/media/colonoscopy.asp>