



**Weill Cornell
Medicine**

Getting Ready for your Colonoscopy: Miralax Prep Instructions

Physicians Name: _____

Procedure Date: _____

Arrival Time will be given 48 hours prior to procedure.

Procedure Locations:

☐ **David H Koch Building
Endoscopy Center**
1283 York Avenue, 8th Floor
New York, NY 10065

☐ **New York Presbyterian
Hospital**
Central Endoscopy Suite
525 East 68th Street, 2nd Floor
Greenberg Pavilion
New York, NY 10065

☐ **Lower Manhattan Hospital
Endoscopy Suite**
70 Williams Street,
2nd Floor
New York, NY 10028

CANCELLATION

Scheduling procedures requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the schedule. If you must reschedule or cancel, please call us at least 3 days prior to the procedure at 646-962-4000 or email us at endoscopyquestions@med.cornell.edu. Thank you for your help and consideration.

Why Proper Colon Cleaning is Needed Before Your Colonoscopy

Food and liquids can stay in your body for a long time. If food is in your colon during your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

The doctor will get the best pictures of your colon when it is completely empty.

Following these instructions will help ensure that your colon is empty when you come for your procedure.

If your colon is not completely empty, the doctor will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

Important Contact Info

- If you have questions about your procedure or preparation, call 646-962-4000 Monday-Friday (Excluding holidays) 9:00 a.m. – 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, the on-call physician will reach out. If not urgent, you will be answered the next day.
- If you need to reschedule your exam for any reason, please call 646-962-4000
- If you need medical help now, call **911** or go to the nearest **Emergency Room**.



**IMPORTANT PLEASE READ DIRECTIONS CAREFULLY
AT LEAST 10 DAYS BEFORE YOUR PROCEDURE!**

ARE YOU TAKING ANTI-PLATELET MEDICATIONS or BLOOD THINNERS?

If you take blood thinners (Coumadin, Plavix, Pradaxa, Lovenox, etc), ask your prescribing doctor if you should stop these medications before your colonoscopy. Please notify our endoscopy nurse at **646-962-4000** if your doctor has recommended you **should not** stop this for your colonoscopy.

Commonly prescribed medications:

warfarin (Coumadin®)

dalteparin (Fragmin®)

tinzaparin (Innohep®)

enoxaparin (Lovenox®)

clopidogrel (Plavix®)

cilostazol (Pletal®)

dabigatran (Pradaxa®)

apixaban (Eliquis®)

rivaroxaban (Xarelto®)

prasugrel (Effient®)

ticagrelor (Brilinta®)

edoxaban (Savaysa®)

Heparin

DO NOT STOP YOUR ASPIRIN UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR

DO YOU HAVE A CARDIAC DEFIBRILLATOR (AICD) or CURRENT CARDIAC ISSUES?

A clearance letter from your cardiologist is required at least 1 week before the procedure. Cardiac issues include any history of heart attack, chest pain, difficulty breathing, or fainting episodes.

DO YOU HAVE DIABETES?

If you are taking insulin or oral hypoglycemic pills, you should check with your prescribing doctor at least one week before your procedure for instructions on managing your medications the day before and morning of the procedure.

DO YOU HAVE HYPERTENSION?

Blood pressure medication, with the exception of diuretics (water pills), should be taken as usual on the day of the exam with a sip of water. Diuretics are not taken on the morning of the procedure.

ARE YOU TAKING DAILY PAIN MEDICATIONS?

NSAIDS (Nonsteroidal Anti-inflammatory Drugs), such as ibuprofen and naproxen, should not be taken within five days of your procedure. Please use acetaminophen (Tylenol) instead.

If you have any questions about your medications or the prep, please call 646-962-4000.

PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items:

1. **MIRALAX**- Over-the-counter bottle of MiraLAX (238 grams)-powder
2. **DULCOLAX**- Over-the-counter laxative tablet, called dulcolax (not the stool softener type)- four (4) tablets.
3. **GATORADE** - Two 32 oz. bottles of Gatorade (if you are **diabetic**, please use a clear diet beverage or diet Gatorade)

WHERE TO GET YOUR MiraLAX prep

At the Grocery Store

2 bottles (32oz each) of Gatorade

(Needed for preparation)

(No flavors with red coloring)



What to buy at the Pharmacy

1 box Dulcolax or generic bisacodyl pills



1 bottle of Miralax or generic polyethylene glycol 8.3 oz (238 grams)



1 box of Gas-X or generic simethicone pills (125 mg or 250 mg)



Colonoscopy Preparations Instructions

Seven Days Before Your Exam

Eat a low fiber diet: avoid nuts, seeds, corn and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy.

Five Days Before Your Exam

Stop oral iron supplements. You can resume after your procedure.

The Day Before Your Exam

No solid food for the entire day

You can only have **clear liquids**, such as Jell-o, popsicles, broth, tea, black coffee and juice.

You cannot eat solid food until AFTER your exam.



Start Hydrating

ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other Sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH UNLESS ON THE LIST ABOVE.

You can buy these as needed from the Grocery Store

1 box Chicken Boullion/broth

(No noodles or solids in the broth)



1 box Jell-o/gelatin _

(No flavors with red coloring)



1 bottle Ginger Ale or Clear Juice

(Any brand)



1 Box popsicles

(No flavors with red coloring)



Colonoscopy MiraLax Preparations Instructions

When to start your bowel preparation depends on the start time of your colonoscopy, please follow the instructions below:

Morning exams (7-11:30am)

One Day before exam at 2 PM

1. Take 2 Dulcolax (or generic brand bisacodyl) pills with a full glass of water

One Day before exam at 5 PM

1. Take 2 Dulcolax (or generic brand bisacodyl) pills with a full glass of water
 2. Mix 1 bottle (238 g) of Miralax and 2 bottles of Gatorade (32 ounces each) in a big pitcher.
 3. Drink one 8-ounce glass of the Gatorade/ Miralax mixture every 15 minutes until you finish HALF ($\frac{1}{2}$) of the mixture.
- This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep.
 - Continue drinking even if you have diarrhea. Even if you have nausea keep drinking to make sure your colon is clean.

5 hours before your exam

1. Take one 250 mg or two 125 mg Gas-X (or generic brand simethicone) pill(s)
2. Drink 8-ounce glasses of the second half of the Gatorade/Miralax mixture every 15 minutes until you finish the entire mixture. You must finish drinking the mixture within 2 hours.

Do not drink anything including preparation for 3 hours before your exam.

All exams

3 hours Before Your Exam

STOP all prep. Do not drink or eat anything, including water, until your colonoscopy. This includes mints or candies.

Note: If you drink or eat anything your procedure will be cancelled

You may take your regular medications, unless instructed otherwise by a doctor with, a small sip of water.

Afternoon Exam (12:00-4:00pm)

One Day before/Day of exam starting at 11pm-12 am

1. Take 4 Dulcolax (or generic brand bisacodyl) pills with a full glass of water
2. Mix 1 bottle (238 g) of Miralax and 2 bottles of Gatorade (32 ounces each) in a big pitcher.
3. Drink one 8-ounce glass of the Gatorade/ Miralax mixture every 15 minutes until you finish HALF ($\frac{1}{2}$) of the mixture

- This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep.
- Continue drinking even if you have diarrhea. You may have nausea but keep drinking to be sure your colon is clean.

5 hours before your exam

1. Take one 250 mg or two 125 mg Gas-X (or generic brand simethicone) pill(s)
2. Drink 8-ounce glasses of the second half of the Gatorade/Miralax mixture every 15 minutes until you finish the entire mixture. You must finish drinking the mixture within 2 hours.

Do not drink anything including preparation for 3 hours before your exam.

Alternate Instructions for Afternoon Exams:

Afternoon patients may instead Morning exam instructions if so desired



WHAT TO EXPECT – DAY OF COLONOSCOPY

Upon arrival, there will be multiple forms for you to sign and hospital staff will ask you to state and spell your name and date of birth several times.

After changing into a hospital gown, an intravenous (IV) catheter will be placed. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and equipment to monitor your heart, breathing, and blood pressure will be attached. You will receive oxygen through your nose. You will be administered anesthesia through your IV, which will make you fall asleep. A scope will be used to move through the entire length of your colon. If polyps are identified, they will be removed, and other abnormalities will be biopsied. The procedure should be comfortable and painless.

IMPORTANT! Due to hospital policy, you must have someone who is 18 years or older pick you up and escort you home after your procedure.

The procedure cannot begin until this arrangement has been confirmed by our staff. If we are unable to confirm, your appointment will be cancelled.

We estimate that you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, please let us know and we can provide you with information on service agencies that will accompany you (at cost).



AFTER YOUR PROCEDURE: In the recovery room

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas. Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home.

AT HOME:

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy. Please refrain from drinking alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.

CALL YOUR DOCTORS OFFICE IF YOU HAVE:

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum that lasts more than 24 hours
- Weakness, faintness, or nausea/vomiting