

TWO DAY BOWEL PREPARATION FOR COLONOSCOPY

Using Miralax and Gatorade

And Bisacodyl (Dulcolax)

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What is bowel preparation?

- Bowel preparation is the process of preparing your bowel for an effective diagnostic or therapeutic medical procedure such as colonoscopy.

Why is bowel preparation important?

- Adequate bowel preparation is the key to a successful colonoscopy. It allows your provider to see the mucosal lining of your colon.
- Inadequate bowel prep means aborted procedures, repeat procedures, reduced detection of polyps and cancer, increased risk for complications, lost co-pays and cost of transportation, lost day at work and wages, lost productivity for patient and accompanying adult.

What diet should I be on?

- Low residue diet 3 days before your colonoscopy.
- A clear liquid diet 2 days before your colonoscopy.
- A clear liquid diet 1 day before your colonoscopy.

What is clear liquid diet?

- Examples of clear liquid diet include water, tea, plain coffee, lemonade from powdered mix, carbonated beverages and soda, clear juices such as apple and white grape, plain or flavored gelatin, sports drinks such as Gatorade® , All-Sports®, Powerade®; sorbet, popsicles, honey, sugar, hard candy, fat-free broth, bouillon or consommé.

Clear liquid diet excludes red and purple colored substances. Alcohol is also not allowed.

What is low residue (or low fiber) diet?

- Residue refers to undigested food or fibers that make up part of the stool. A low residue diet reduces the frequency and volume of stool while prolonging the time it takes food to travel the intestine.

You should avoid the following food items: whole wheat breads, cereals, crackers and rolls; whole wheat pasta, brown or wild rice; any item with nuts, seeds and fruits; buckwheat, granola, cornbread, pumpernickel bread; tough meat and meat items with skin; raw fruits, prunes and prune juice, berries, raisins and dried fruits; raw or partially cooked vegetables.

You should also avoid milk and milk products.

- If you are on a low residue diet, you may be allowed to have white bread, rolls and biscuits; white rice or noodles; plain crackers, potato rolls, skinless cooked potato; skinless chicken, skinless turkey, fish and other sea food; canned fruits without seeds or skin; eggs; vanilla wafers.

What do I do 1 week before the colonoscopy?

- Discuss all your medications with your provider.
- You may need to stop your antiplatelet or anticoagulants such as Coumadin®, Plavix®.
- Avoid medications used to stop diarrhea such as Imodium®, Lomotil®, Pecto Bismol®.
- Avoid fiber supplements such as Metamucil®, Citrucel®.
- Avoid iron or products that contain iron.
- Stop taking fish oil 2 days before your colonoscopy.

What do I do a day before the colonoscopy?

- Have a clear liquid diet throughout the day. Clear liquid diet excludes red and purple colored substances. No solid foods, milk products, fruits, seeds & nuts.
- Be sure to keep hydrated by drinking 8oz of clear liquid every hour.
- If you have diabetes mellitus, you may need to take half the dose of your medication while on clear liquid diet. Please, talk to your provider about this.
- Take 4 tablets of bisacodyl (Dulcolax) around 3:00-4:00PM.
- Mix 255 g of MiraLax with 64 oz of low-calorie Gatorade
- Drink 32 oz of the solution at a rate of 8 oz every 10 min starting at 5:00-6:00PM.

What do I do on the day of the colonoscopy?

- Drink the remaining 32 oz of solution starting 5 h before start of their colonoscopy procedure at a rate of 8 oz every 10 min.
- Avoid further fluid intake 2hrs before your scheduled colonoscopy.
- If you are diabetic, do not take oral diabetic medications or short-acting insulin on the day of your colonoscopy. Talk to your provider about this.

What are the possible adverse events of bowel prep agents?

- Though rare, the following adverse reactions have been reported. Abdominal fullness and cramping, nausea, vomiting, electrolyte abnormalities, cardiac arrhythmias, seizures, and renal impairment.

You will have diarrhea so stay near a toilet. Use a soft toilet tissue. For anorectal irritation or discomfort, use soft toilet paper or baby wipes.

Apply Vaseline or Desitin® ointment or any baby diaper ointment to the skin around the anus. For flare of hemorrhoids, use hydrocortisone cream or hemorrhoidal agents.

Remember to drink plenty of fluids. Bring an adult with you. You must be accompanied by a friend or relative to take you home. Good luck!

Visit www.bowelprepguide.com for more information on bowel preparation for colonoscopy.

