

MIRALAX PREP

Please arrive 1 hour prior to your procedure time.

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS, PLEASE CALL OUR APEX OFFICE: 302-225-2380.

Your Procedure is scheduled on _____ Time _____
You need to arrive _____ minutes before the scheduled time to

Mid-Atlantic EndoCenter,
Metro Professional Building
4923 Ogleton-Stanton Road, Suite 100,
Newark, DE 19713
T: 302-993-0310

Glasgow Medical Center, 2nd Floor,
2600 Glasgow Avenue,
Newark, DE 19702
T: 302-836-8350

Christiana Hospital GI Lab, Station 5,
4755 Ogleton Stanton Rd.
Newark, DE 19713
T: 302-733-1400

ARSHT
625W 12th street, Wilmington DE, 19801
T: 302-255-1000

****Important Transportation Note****

Procedures are not done at APEX building (we see only office patients there). Please review the address above & come to the place where you are scheduled to have the procedure. You cannot drive a vehicle for the remainder of the day after having a colonoscopy. All patients must be accompanied by a responsible adult who can drive him/her home after the exam. The colonoscopy may not begin until the driver is present. Patients may only ride home in a taxi or bus if they are accompanied by a responsible adult.

Please review the following Prep Instructions at least one week prior to your procedure, if possible. The majority of the activity takes place the day before your procedure.

YOU NEED TO BUY THE FOLLOWING ITEMS:

(You can choose to conveniently buy all these items as a prep kit from our office)

- One 64 oz or Two 32 oz bottles of Gatorade (no red colors). If you do not like Gatorade OR if you have diabetes, you may use water 64 oz and mix it with crystal light powder (optional for enhancing flavor, no red color). Refrigerate Gatorade if you prefer to drink it cold.
- Dulcolax laxative tablets (not suppository or stool softener and you will need 4 tablets for the prep).
- Miralax 238 gram powder OTC over the counter (can find in the laxative section)
- One bottle of magnesium citrate, 10 oz OTC near laxative section.



I. Introduction/Overview:

A complete cleansing of the bowel is the most important preparation for an accurate colonoscopy exam. While colon preps are never fun, we have made our prep as simple and effective as possible to ensure a high quality exam. The table below provides an overview of the prep process. The prep details then follow the table.

One week before exam	Two days before exam	PREP DAY: The day before exam	EXAM DAY
Stop certain medications	Avoid high-residue foods	Low-residue breakfast, then start Clear liquid diet and perform cleansing prep	Final laxative dose, then Nothing by Mouth within 4 hrs of exam

II. The Week Before your Colonoscopy

A. One Week before exam: Stop taking the following medications:
ASPIRIN or related NSAIDs, for example bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac. Tylenol or Acetaminophen are ok.
PLAVIX (only if your Cardiologist or Primary Physician approves)
COUMADIN (only if your Cardiologist or Primary Physician approves)
IRON-containing vitamins and medications.
FIBER SUPPLEMENTS such as Metamucil, Fibercon, Citrucel
Note: If your doctor does not allow you to temporarily stop Aspirin, Plavix, and/or Coumadin, please notify your GI doctor immediately so they can decide how to proceed.

B. Two days before exam: Avoid high-residue foods:
 Avoid fresh and dried fruit, vegetables, seeds, nuts, cloves, marmalade. Any other type of food is ok. If you make a mistake and eat one of these listed foods, no problem, just continue on with the prep.

Overview of the Prep Day			
On Awakening	3PM	6PM	9PM
Low-Residue breakfast (as specified below) -Then take only clear liquids by mouth. Strictly, No More Solid Food.	Take 2 prep pills by mouth -Mix Miralax (entire bottle) + 64 ounces of Gatorade.	Drink 8oz of the Gatorade + miralax drink every 20 mins. until you finish the entire 64oz.	Take 2 more prep pills after finishing 64oz. -Continue drinking clear liquids as tolerated

A. Upon Awakening:

For your comfort, we are allowing a low-residue breakfast on the day before your procedure. (see table below). After breakfast, you are required to maintain a **Strict No Solid Food regimen** until after your colonoscopy. Instead, **start a clear liquid diet** (see Clear Liquid List below). Medications by mouth are ok.

Drink as many clear liquids as you want. In fact, drink a lot of clear liquids to avoid dehydration and to make the laxative work better. Please avoid red liquids (examples, red Jell-O® or cranberry juice). If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.

Low-Residue Breakfast:

No more than:

- 2 eggs (boiled or fried) or 1 oz. cheese
- ½ cup of milk
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)
- Strictly no substitutions!
- Less is ok, but no more than above.

Clear Liquid List:

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth from a can
- Jell-O®, Popsicles®, water ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, or prune juice)
- Soda such as Sprite®, 7-Up®, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- **Avoid** all red liquids—they can look like blood in the colon!

[Note: The timing of the next 3 steps can vary for you convenience. For example, the 3p step may begin as early as 2pm, or as late as 4pm. The earlier you can start, the better your sleep may be at night (fewer overnight bathroom interruptions)]

B. 3 pm

Take the first 2 (of 4) prep pills by mouth with clear liquids. Then mix the entire bottle of Miralax powder with 64oz. of gatorade. Stir until dissolved and chill with ice and/or refrigerate.

C. 6 pm

Begin drinking 8oz glasses of the Miralax + Gatorade solution every 20 min. until it is finished. Drinking through a straw may help. If you get nauseated or vomit from too much liquid in your stomach, take a 30 min break and start drinking again at 30 min. intervals.

D. 9 pm

Take the final 2 prep pills after completing the Miralax + gatorade solution. Continue drinking as much clear liquid as you can tolerate.

IV. Your Exam Day

- A. At least 4 hrs. prior to your scheduled exam time, (this may be very early morning for early exams times)**

Pour the 10oz bottle of MagCitrade over ice and drink as much as you can within 10 mins. Again, drinking through a straw may help. The MagCitrade has an agreeable citrus flavor. You may continue drinking clear liquids only (no solid food) until 4 hrs. prior to your procedure. You may take critical medications (high blood pressure, etc.) with clear liquids up to 4 hours before test.

Important: Nothing by Mouth within 4hrs. of your exam time. This includes clear liquids, candy, and gum. Taking anything by mouth within 4 hrs. of exam will cause a delay or cancellation of your procedure!

*****Important Note*****

**The Colonoscopy exam is only as good as the colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, two (2) hours prior to your scheduled colonoscopy your bowel movements are not clear (that is, if they are still solid or mostly brown), please call us for further instructions at:
302-225-2380 (if before office hours, ask for the GI physician on call)**

****Helpful tips:**

- **Many patients find that chilling the laxative and drinking through a straw improve tolerance.**
- **Use the baby wipes instead of toilet paper.**
- **Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within 30 minutes but may take as long as 3-6 hours.**
- **The exact times of the cleansing prep are not important. You may vary the start +/- 2 hr. for your convenience. You may sleep better overnight with an earlier start.**
- **You may take oral medications with water during the prep and up to 4 hours before test.**

****Diabetic patients:**

- **Important: Please contact your doctor to be sure this prep is appropriate for you.**
- **Hold your diabetic medication the morning of the test.**
- **Use sugar free drinks for liquids (like Crystal Light powder and 64 ounces of water instead of gatorade) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar).**

Miralax prep FAQ

Common Problems/Easy Solutions

1. My bottom is sore.

Use Vaseline to your bottom as needed.

2. My bowel movements are not clearing.

The goal of the prep is to develop clear-to-yellow, watery bowel movements before the procedure. For most people, this will occur within several hours of finishing the laxative pills and solution.

If your BMs do not clear in the evening, (that is they are still brown and/or contain pieces or flecks of brown material) you will likely clear after the morning dose of MagCitrate.

If you're not clear after the morning bottle of MagCitrate, just call the center at 7am and tell them that your BMs didn't clear and what time you finished the MagCitrate. Your doctor will give you advice on whether you're clear enough for the exam or whether further laxative is necessary. We would rather delay your procedure a few hours than have to repeat it due to a poor prep.

3. I made a mistake with my diet or food instructions.

Our instructions include avoiding high residue foods the day before your prep and having a small, low residue breakfast the morning of your prep day. These instructions are designed to help make it easier for your prep to clean you out. If you make a mistake and eat something restricted or not on the list during this time, don't fret. Just continue your prep as instructed. Your prep may have to work a little harder, but it will probably work fine. You do not need to call your doctor to ask if you can still have your exam.

Two instructions are extremely important, however:

- a. Take in only clear liquids after your low-residue breakfast. Eating solid foods later in the prep day will likely cause a delay or cancellation of your procedure.
- b. Do not take anything by mouth within 4 hrs of your procedure. Doing so will cause a delay or cancellation of your procedure.

4. I feel nauseated or I vomited some of the prep.

The miralax powder is tasteless, so your prep solution should taste like the drink it is mixed with. Therefore, "bad taste" should not be a cause of nausea. Likewise, the MagCitrate has an agreeable citrus taste.

Fortunately, only few people will encounter this problem, since this is a relatively tolerable prep. However, if you run into a "brick wall" with the prep and just can't go on, there's no need to call in the middle of the night unless there is an emergency. We won't be able to fill your slot at that time anyway if you need to cancel. And only you will be able to decide whether you can continue on or not.

Some patients can still have the procedure after a partial prep. This depends on how far you get with your prep and how well it does in cleaning you out. If your bowel movements are watery, but still predominantly brown, chances are you won't be cleaned out enough to undergo the procedure. If however your bowel movements are clear or nearly clear, you may still be able to have your procedure.

If you decide to “give up” on the prep in the late evening or overnight, there is no need to call. Do your best to remain on clear liquids and call the center at 7am. Your doctor can decide at that time what the best course of action would be. Please note: if you take any solid food after “giving up” on the prep, there is NO chance you can have your procedure that day. There is no need to call in the middle of the night unless you are feeling ill or there is an emergency. Only you can decide whether you can continue on with the prep. Simply call the center at 7am and tell your doctor the problem, and he/she can help guide you from that point on.

6. I feel extremely ill or it’s an emergency.

Fortunately, the vast majority of people will have no trouble with the prep. However, any colon prep can make the rare patient feel extremely ill. If you begin feeling light-headed, experience any fainting or near-fainting episodes, or develop chest pain or heart palpitations, you must immediately stop taking the prep and immediately go to the nearest emergency room. You may call the on-call doctor at the number below for additional advice if you are concerned about a potential emergency or are feeling extremely ill.

If you have any known chronic illness, such as diabetes, heart, or lung disease, you should be particularly wary and do not delay in getting to an emergency room if feeling extremely ill. All diabetic patients must monitor their blood sugar levels throughout the prep process and especially if feeling light-headed or ill. Immediate treatment for low blood sugar readings is critical.

**Number to call for an Urgent Question:
302-225-2380**