

## College of Physicians & Surgeons of Columbia University

### Division of Colon and Rectal Surgery

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<http://www.columbiasurgery.org/colorectal>

## **MIRALAX AND DULCOLAX BOWEL PREP**

Cleaning out the colon before colonoscopy is helpful and can reduce the risk of infection. The cleanout we recommend is written below. Please prepare for your colonoscopy as follows:

### **Patients taking anti-coagulants and anti-platelet-agents:**

Your surgeon will instruct you whether or not to stop these medications. Prior to your surgery, please confirm with your Primary care doctor or Cardiologist that they agree with the plan.

**For Anticoagulants:** If the decision is made to stop, this must be done 5 FULL days prior to the procedure and for certain anticoagulants such as Warfarin, an INR should be performed on the day before the procedure. Some Cardiologists prefer to have patients hold their anticoagulant medication prior to the procedure and take an alternative medication, Lovenox (given as a shot twice daily), since it can be taken up to 12 hours before the procedure. This should be reviewed with your Cardiologist and your Colorectal Surgeon.

**For Antiplatelet agents:** If the decision is made to stop any one of these medications, it should be done 1 week prior to the procedure. No special blood testing is needed. This should be reviewed with your Cardiologist or Primary care doctor and your Colorectal Surgeon.

**Diabetics:** Patients with diabetes should speak with their Endocrinologist or Primary care doctor prior to the surgery regarding the dosing of their insulin or diabetic medications.

### **After your colonoscopy:**

You will be given instructions as to when each of your usual medications should be resumed. If you do not clearly understand or recall these instructions, please call our office at 212-342-1155.

### **THREE DAYS BEFORE YOUR COLONOSCOPY:**

**FOLLOW A LOW FIBER DIET.** Avoid such foods as popcorn, nuts, fresh fruits, raw vegetables or products containing whole wheat or bran. Stop all fiber supplements (Fibercon, Metamucil, and Citrucel). Avoid products containing Olestra (a fat substitute found in some fat free and low-fat foods) for one week.

A few examples of foods you **may** eat are:

Dairy products, meats, poultry, fish, pasta, white rice, white bread, eggs, mashed potatoes, cooked carrots or squash.

### **PURCHASE THE FOLLOWING:**

- ❖ 238 gram bottle of Miralax  
64 ounces of Gatorade, Powerade, Pedialyte or G2 low sugar Gatorade  
**NO RED, ORANGE AND PURPLE LIQUIDS!**
- ❖ Dulcolax Laxative 5mg (2 pills)

### **THE DAY BEFORE YOUR COLONOSCOPY:**

- ❖ Do not eat any SOLID FOODS – RESTRICT YOUR DIET TO CLEAR LIQUIDS ONLY.
- ❖ A clear liquid is any liquid you can see through. Examples are:
  - Water, chicken broth, apple juice, ginger-ale, Sprite, tea, black coffee (sugar allowed)
  - Popsicles, Gatorade, Jell-O

#### **NO RED, ORANGE AND PURPLE LIQUIDS!**

- Drink at least 8 glasses of water throughout the day
- Between 3 and 5pm: take 2 Bisacodyl tablets (dulcolax)

#### **Start the Miralax preparation between 2pm and 4pm**

1. Pour out about 8 oz. of Gatorade or G2 to allow room for the Miralax
2. Mix the 8.3 oz. of Miralax (14 doses bottle) with the Gatorade in a large pitcher or bowl
3. Drink one 8 oz. glass of the solution every 15 minutes until mixture is gone

- If you experience nausea or vomiting rinse your mouth with water. Take a 15-30 minute break and then continue drinking the prep solution. If you cannot tolerate this, please call the office for further instructions
- If you follow the instructions and your stool is no longer formed but clear or yellow liquid, you are ready for the exam!
- Please note time of procedure is subject to change.

**THE DAY OF YOUR COLONOSCOPY:**

- ❖ You may continue with CLEAR LIQUIDS until 12 midnight prior to your colonoscopy. After this time, you cannot eat or drink anything (including gum, candy or water).
- ❖ Please take any heart or blood pressure medications with a sip of water when they are due and use your inhaler per usual (if applicable).
- ❖ Take your regular medications with a sip of water, except as advised previously.
- ❖ If you are insulin dependent, please let the surgery staff know upon check in.

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_      **Arrival Time:** \_\_\_\_\_

**Location: Herbert Irving Pavilion**  
**161 Ft. Washington Avenue**  
**13<sup>th</sup> Floor**  
**New York, NY 10032**

**\*\*Hospital rules dictate that you must have an escort to accompany you home after the procedure\*\***