

COLONOSCOPY BOWEL PREPARATION WITH:

MiraLAX

HOW TO GET READY AND WHAT TO EXPECT

At Keck Medicine of USC, we want to make sure your colonoscopy goes smoothly, and you are an important part of making this procedure a success. Please read this document carefully to make sure you understand everything you need to do to be ready for your appointment.

In the days leading up to your colonoscopy, you will need to make some changes to your diet, and you may need to stop taking some medications. You will also need to take a laxative medication to thoroughly cleanse your bowel for your colonoscopy to be successful.

This document will help you prepare for your colonoscopy and answer many questions you may have. If you have any additional questions or concerns, please contact the gastroenterology team at **(323) 442-5100**.

2 TO 3 WEEKS BEFORE:

GET YOUR MEDICATIONS: Pick up your bowel preparation medications from the pharmacy as soon as possible to make sure you have it when you need it. You will need to buy the following over-the-counter items: two 238-gram bottles of **MiraLAX** (generic name polyethylene glycol) and four 5 mg tablets of Dulcolax laxative medication (generic name bisacodyl) for your preparation.

You will also need to buy three 32-ounce bottles of Gatorade that are not dyed red. Finally, you will also need to purchase simethicone tablets, which are over-the-counter medications commonly sold under the name Gas-X or Mylanta Gas.

TALK TO YOUR DOCTOR: Discuss your medications and any health conditions you have with your doctor. Your doctor may give you additional instructions about preparing for your colonoscopy prior to your procedure. It is important that you contact your doctor's office at least 14 days before the procedure.

GET A RIDE: No matter how you plan to get home, you will need an adult to accompany you. You will not be allowed to drive after your procedure. You will not be allowed to take a taxi, rideshare service or public transportation without an adult companion. Make sure someone will be available to pick you up on the day of your procedure.

ONE WEEK BEFORE: CHANGES TO MEDICATIONS

If you take any prescription medications, please consult with your doctor. You may need to stop taking certain medications before your procedure. See below for additional information about commonly used medications. If you have any questions about your medications or health conditions, please contact us at **(323) 442-5100** or call your physician.



- ✖ **Coumadin, Eliquis, Xarelto, Plavix or any other blood thinner or anti-platelet medication:**
You will stop taking these, but how far in advance can vary. Please discuss with your prescribing doctor.
- ✖ **GLP-1 medications including Mounjaro, Ozempic, Rybelsus, Trulicity, Bydureon, Byetta, Victoza, Saxenda, Adlyxin or any other prescribed weight loss medications:**
If taken weekly, stop 7 days before procedure. If taken daily, stop 1 day before procedure.
- ✖ **Iron, fish oil:**
Stop 7 days before procedure.
- ✖ **Loperamide, Lomotil or any other anti-diarrheal medication:**
Stop 7 days before procedure.



- ✔ **Low dose aspirin**
- ✔ **Blood pressure medication:**
Take morning blood pressure medications as prescribed on day of procedure.
- ✔ **Diabetes medication including insulin:**
Please continue to take during bowel preparation. Contact our office to determine whether you should take it on the day of the procedure.



FIVE DAYS BEFORE: LOW FIBER DIET

For five days before your colonoscopy, you need to adhere to a low-fiber diet to limit the amount of food waste that will move through the large intestine before your procedure. The chart below will help you understand how to follow a low-fiber diet.



✗ Breads, cereal, rice and pasta

Whole wheat bread, bread with seeds, potato skin, brown or wild rice, quinoa, oatmeal, all breakfast cereals

✗ Vegetables

All green vegetables, all raw or steamed vegetables, onions, beans, corn

✗ Fruits

All fruits

✗ Dairy

Yogurt that contains nuts, seeds, or fruit chunks

✗ Condiments

Jam, marmalade and preserves, pickles, olives, relish and horseradish

✗ Sweets and snacks

Nuts, seeds, dried fruit, popcorn

✗ Protein

Beans, peas, lentils, crunchy peanut butter



✓ Breads, rice and pasta

Plain white bread or rolls without seeds, white rice, plain pasta without sauce or vegetables, potatoes without skin

✓ Vegetables

Well-cooked, pureed vegetables

✓ Fruits

Smoothies without berries or seeds

✓ Dairy

Milk, plain yogurt without fruit, ice cream without nuts, cheese, cottage cheese

✓ Condiments

Margarine, butter, oils, mayonnaise, sour cream, salad dressing, plain gravies, ketchup, mustard, spices, cooked herbs, bouillon, broth and soups made with allowed vegetables

✓ Sweets and snacks

Honey, syrup, jelly, plain crackers, cookies without nuts/oats, ice cream, popsicles

✓ Beverages

Coffee, tea and carbonated drinks

✓ Protein

Beef, poultry, chicken, lamb, fish, eggs, smooth peanut butter, tofu



ONE DAY BEFORE:

CLEAR LIQUID DIET

You must adhere to a clear liquid diet the entire day before your colonoscopy. A clear liquid diet consists of only liquids that are clear, or see-through when held up to light, and that do not contain red or purple dye.



- ✗ Solid food
- ✗ Alcoholic beverages
- ✗ Coffee or tea with dairy or non-dairy milk or cream
- ✗ Milk, milkshakes, or yogurt (including yogurt drinks)
- ✗ Smoothies
- ✗ Cream
- ✗ Soup (other than clear broth)
- ✗ Cooked cereal
- ✗ Blended fruit or vegetable drinks



- ✓ Water, mineral water, club soda
- ✓ Tea and black coffee with honey or sugar
- ✓ Flavored water
- ✓ Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- ✓ Clear non-fat broth including chicken, beef, or vegetable
- ✓ Soda
- ✓ Sports drinks such as Gatorade and Propel without red or purple dye
- ✓ Popsicles without fruit or cream and without red or purple dye
- ✓ Jell-o or other gelatin without fruit and without red or purple dye
- ✓ Boost Breeze tropical juice drink
- ✓ Honey, sugar, clear hard candy

We will call you the day before your appointment to confirm your exact appointment time. Your appointment time may change slightly when we finalize our schedule.

MY APPOINTMENT TIME: _____

BOWEL PREPARATION

HOW TO PREPARE YOUR MIRALAX MEDICATION:

You will need to begin taking the laxative medications you purchased the day before your procedure. Taking this medication as directed is critical.

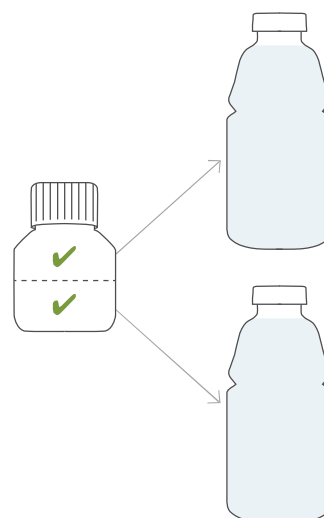
Two nights ahead of procedure, mix half of a bottle of MiraLAX into each of the three bottles of Gatorade. One half of one bottle of MiraLAX will be left over. Shake each bottle until the MiraLAX dissolves. Refrigerate.

To prevent dehydration, please drink 12 tall glasses (8-10 ounces each) of clear liquids in addition to the medication that you will drink.

HOW TO TAKE YOUR MiraLAX MEDICATION:

1 DAY BEFORE your procedure, between 3 p.m. and 6 p.m.

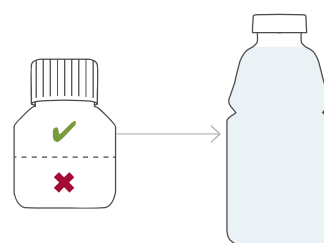
1. Take the four 5 mg Dulcolax (bisacodyl) tablets by mouth with at least 8 ounces of water and then wait one hour.
2. Chew and swallow two simethicone (Gas-X or Mylanta Gas) pills.
3. Drink two 32-ounce bottles of Gatorade-MiraLAX mixture.
4. Drink an additional 16 ounces of any clear liquid — without MiraLAX — over the next one to two hours.



THE DAY OF your procedure, 6 to 8 hours before

1. Chew and swallow two simethicone (Gas-X or Mylanta Gas) pills.
2. Drink the third 32-ounce bottle of the Gatorade-MiraLAX mixture.

You must stop drinking all fluids, including the bowel preparation, 4 hours before the procedure.



APPOINTMENT DAY *continued*

PREPARATION

- Your information will be verified and you will change into a gown.
- A nurse will place an IV catheter that will be used to give you medications during the procedure.
- You will go over your medical history.
- Your providers will meet with you to go over the procedure once more, explain the risks involved and answer your questions.
- You will sign consent forms for the procedure.

THE PROCEDURE

- You may be given a sedative and your vital signs will be carefully monitored.
- You will be carefully and comfortably positioned on the examining table.
- Your doctor will start with a rectal examination, and then carefully insert the small camera device into your anus, rectum, and then guide it through the entire colon.
- The device is then slowly pulled back while the doctor carefully examines the lining of your bowel.
- Your doctor will remove any polyps or take tissue samples, which is called a biopsy, if they find abnormal areas during the colonoscopy.

AFTER THE PROCEDURE

- You will be taken to a recovery room where you will be observed until you can be safely discharged.
- The staff will contact the adult who is going to accompany you home.
- Before you leave, your IV will be taken out, your belongings returned.
- You will be given an explanation of the colonoscopy findings by your gastroenterologist.

Most patients recall feeling minimal to no pain or discomfort during or after the colonoscopy. The amount of time the procedure varies from patient to patient. You should expect to spend at least four hours at this appointment.

FREQUENTLY ASKED QUESTIONS

What is a colonoscopy? A colonoscopy allows doctors to look inside the colon and rectum to find problems such as ulcers, inflammation and bleeding. It is also used to screen people for colon cancer and to remove polyps in the colon, which can potentially become cancer.

Why is a colonoscopy important? Colonoscopy is the best way to find colon cancer early, when treatment is most effective, and remove polyps that can potentially become cancer.

Is a colonoscopy safe? Colonoscopies are generally safe. Your doctor will explain potential complications, which are rare. If you have any concerns about the procedure, please discuss them with your doctor before the date of your appointment.

Why do I need to do bowel preparation? Your doctor will only be able to see the inside of your colon if you do your bowel preparation correctly. It is important to follow these instructions and properly complete bowel preparation because if your colon is not clean and your doctor cannot see, your procedure may be cancelled or stopped after the procedure starts and your procedure will need to be rescheduled.

Are there tips to make bowel preparation easier? Some people find that doing one or all of the following helps make drinking bowel preparation medication easier:

- Chilling the medication in the refrigerator.
- Drinking the medication through a straw.
- Adding flavor to improve the taste.
- Planning ahead.

Plan to stay home during bowel preparation and stay near a bathroom. It is very important to drink lots of water or clear liquids before and after your colonoscopy.

What if the bowel preparation makes me feel sick? Bowel preparation makes some patients nauseous. If you experience feelings of nausea, take a short break — 20 to 30 minutes should be enough — and then resume your preparation.

What medical conditions should I tell my doctor about before booking my colonoscopy? Talk about your medical history, previous medical conditions, and if you have a history of taking certain kinds of medication, such as narcotics or medications for pain or anxiety. You may also be asked if you have had any trouble with sedation in the past.

What happens after a polyp is removed? If a polyp or other abnormality is found, it will be removed and the sample will be sent to a lab for analysis. It may take up to two weeks to receive the results. Your doctor will contact you with the results either by phone or through the MyUSC message center. If you have not already signed up for MyUSCchart, you can do so here: myUSCchart.KeckMedicine.org.

What should I do if I don't feel well or have symptoms after my colonoscopy? If you are experiencing pain or discomfort after your colonoscopy, call the call center at (323) 442-5100. If you are experiencing severe abdominal pain, bleeding or difficulty breathing, call 911.

How much does a colonoscopy cost? A preventative exam for colorectal cancer screening is covered by your insurance. However, if your colonoscopy is performed because of an abnormal stool test or unusual symptoms, there are costs associated with the colonoscopy and anesthesia. Please check with your insurance carrier to learn more.