

# Colonoscopy Preparation Instructions

Miralax-Gatorade (PEG 3350-Sports Drink)



## Mount Sinai

### Materials Needed

- 1 bottle of Miralax (or Glycolax) (238 g)
- 2 32-oz bottles of sports drink (Powerade, Gatorade, sugar-free Powerade/Gatorade, Crystal Light, iced tea)
- Do NOT purchase red or purple drinks
- 2 4.5 oz saline enema laxatives (optional)

### General Instructions

- Proper preparation with laxative solutions is needed to clean colon so that it can be fully visualized (instructions below)
- Arrive 1 hour prior to procedure (addresses at end of pamphlet)
- Bring photo identification and insurance card (if applicable)
- Leave all valuables at home
- An adult 18 years or older must be present to take you home after the procedure. Procedure will be canceled if a companion is not available.
- Call 212-659-8770 at least 48 hours in advance to cancel procedure

### Medications

- Consult doctor for further instructions if you take any of the following blood thinning or antiplatelet medications:
  - Coumadin (warfarin)
  - Lovenox (heparin)
  - Plavix (clopidogrel)
  - Pradaxa (dabigatran)
  - Eliquis (apixaban)
  - Effient (prasugrel)
  - Xarelto (rivaroxaban)
  - Savaysa (edoxaban)
- Bring list of current medications to procedure
- If you have diabetes, please see end of pamphlet for additional instructions

## 1 week before:

- Discontinue the following:
  - Fiber supplements
  - Iron-containing medications
  - Multivitamins

## 1 day before:

### DIET

- Eat a low fiber breakfast (ex. white bread, white rice, eggs, cheese, milk)
- Drink only clear liquids after breakfast
- Avoid red or purple-colored drinks, jello, or popsicles and dairy after breakfast
- Examples of acceptable liquids: clear broths (chicken, vegetable, beef consommé), apple juice, limeade, white grape juice, tea/coffee WITHOUT milk or cream, soda, Gatorade, water, jello (no red or purple), Italian ice, popsicles

### PREP INSTRUCTIONS

- Mix and stir the 238 gram bottle of Miralax with 64 oz of sports drink in a large pitcher (may add ice)

## 6 PM on the day before:

- Goal: Drink  $\frac{1}{2}$  of the mixture
- Drink 1 8-oz glass of the mixture every 10-15 minutes until you have finished  $\frac{1}{2}$  of the mixture

### EXPECTATIONS

- You will start to have more frequent bowel movements (5-10 times) after 30-60 minutes

- Bloating or cramping may occur and will improve after passing stool

## 6 hours before procedure:

- Finish remaining  $\frac{1}{2}$  of Miralax mixture within a time period of 30-60 minutes

### EXPECTATIONS

- You will start to have more bowel movements within 30-60 minutes (10-15 times)
- Stool should become clear and yellow fluid
- If stool is not clear, drink an additional 1 L of water or clear fluid 3.5 hours prior to procedure (if preparation is not adequate, physician may not be able to visualize entire colon)
- If there are still stool particles present, you can self-administer 1 or 2 4.5 oz saline enema laxatives (available over the counter in pharmacies)

## 3 hours before:

- Discontinue all fluids
- Take any necessary medication with small sip of water unless otherwise instructed (consult with physician if you have diabetes or take aspirin)

## 1 hour before:

- Arrive at procedure location

## What is a colonoscopy?

- Visual examination of large intestine with a colonoscope (long, flexible instrument with light and camera) that is passed through rectum and colon
- Physician will look for any abnormalities
- Can evaluate and treat colon cancer, polyps, gastrointestinal bleeding, and diarrhea
- Biopsies can be taken for analysis

## What should I expect during the procedure?

1. Doctor and/or nurse will explain procedure and answer questions and you will sign consent form
2. Meet with anesthesiologist who will sedate you during procedure and monitor your vitals
3. You will change into hospital gown and remove eyeglasses and contact lenses
4. You will be taken to procedure room where you will be given medication to be relaxed and sleepy
5. Colonoscope will be passed through rectum and colon. This will take 15-60 minutes. Any biopsies will be taken at this time.
6. You may experience abdominal cramping and pressure during procedure and may be asked to change position during the procedure

## What happens after the procedure?

- You will be in a recovery area for 30 minutes while the sedation wears off
- Physician will discuss results and follow-up plans and you will be given discharge instructions
- **COMPANION MUST BE PRESENT TO ACCOMPANY YOU HOME.** Do not drive a car, operate machinery, or make important decisions for remainder of day as the sedation will impair your reflexes and judgment

## What are the risks?

- Complications are rare (< 1/1000)
- Possible complications: reactions to medication, tearing of the intestine and bleeding
- Risks are slightly increased if polyp removal is necessary
- Inform us immediately if you have severe pain, black tarry stools, or persistent bleeding, or fevers/chills in the hours or days after colonoscopy

## Inform doctor if:

- Have allergies or reactions to medications
- Take antibiotics for dental procedures
- Are taking aspirin, arthritis medicines, or blood thinners
- Have a blood disorder where you bleed easily
- Think you may be pregnant

## **Additional Medication Instructions For Patients with Diabetes:**

- **If you take long-acting insulin (Glargine/Lantus):**
  - Take ½ of normal dose day before colonoscopy
  - If blood glucose day of procedure is <150 mg/dL, do NOT take insulin
  - If blood glucose day of procedure is >150 mg/dL, take ½ of prescribed dose
- **If you take short-acting insulin (Lispro/Humalog):**
  - Take ½ of normal daily dose day before colonoscopy
  - Do NOT take insulin day of procedure
- **If you take oral diabetes medications:**
  - **Metformin:** Continue as normal until the day before procedure. Do not take morning of procedure.
  - **Empagliflozin (Jardiance), canagliflozin (Invokana):** STOP take 3 days prior to procedure. Resume after procedure.
  - **Trulicity and Ozempic:** Do NOT take in the 7 days before the procedure.

## Procedure Locations:

### Mount Sinai Hospital

1184 Fifth Avenue  
7th floor  
New York, NY 10029

### Endoscopy Center of New York

201 East 93rd St  
New York, NY 10128

### Upper West Side Endoscopy

230 West 74th St  
New York, NY 10023

### Mount Sinai Morningside

1111 Amsterdam Avenue  
Stuyvesant Bldg, 4th floor  
New York, NY 10025

### Mount Sinai West

1000 10th Ave, 1st floor  
New York, NY 10019

## Colonoscopy Video:

<https://www.asge.org/videos/default-source/patient/colonoscopy.mp4>