



**Mount
Sinai**

Division of Gastroenterology

COLONOSCOPY PREPARATION INSTRUCTIONS **PEG 3350-Sports Drink (Miralax-Gatorade) (Extended Preparation)**

WHAT IS A COLONOSCOPY?

- Your physician has recommended that you have a colonoscopy. This test is a visual examination of the lining of the large intestine. During the test, a colonoscope, which is a long, flexible instrument that has a light and a camera at the tip, will be passed through the rectum and around the colon. Your doctor will view the colonoscopy on a television screen and look for any abnormalities that may be present.
- Colonoscopy usually is performed to evaluate and treat colon cancer, polyps, gastrointestinal bleeding and diarrhea. If necessary, biopsies (tiny tissue samples) may be taken painlessly during the examination and sent for laboratory analysis. Polyps (abnormal growths of tissue) also may be removed and bleeding areas may be identified and treated.

PREPARING FOR A COLONOSCOPY

Food and Drink

- In order for your doctor to perform an adequate and safe examination, the colon must be clear. You will be given a laxative solution to drink prior to the examination. Follow the instructions carefully.
- You should be on a modified diet the entire day before your colonoscopy. You may continue to have clear fluids the day of your procedure, up to three (3) hours prior to your examination. A clear fluid diet includes jello, coffee (please do not add milk or cream), tea (please do not add milk or cream), soft drinks, ices, clear soups, sports drinks such as Gatorade or Powerade and apple or white grape juice. Please avoid red or purple drinks, jello or popsicles for the 24 hours prior to the examination.
- No alcohol

Medications

- Continue to take your medications as usual, even on the day of your examination, unless instructed otherwise by your doctor. Medicines taken the day of the examination should be taken with a small sip of water. If you are a diabetic, please consult with your physician prior to the examination about your medication schedule. You may continue to take aspirin prior to your procedure unless instructed otherwise.
- If you take medications to thin your blood or antiplatelet medications such as Coumadin (warfarin), Lovenox (heparin), Plavix (clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), Effient (prasugrel), Xarelto (rivaroxaban) or Savaysa (edoxaban), please contact your physician or health care provider for further instructions. Please bring a list of your current medications with you on the day of the procedure.



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You should inform your doctor if you:

- Have allergies or reactions to medications
- Usually 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

Clothing

- Dress comfortably in clothing that can be folded. Please do not bring jewelry or other valuables with you.

Companion

- By New York State regulations, a companion (adult 18 years or older) must be available to accompany you home after the procedure, since the sedation you receive may impair your reflexes and judgment. Your procedure will be canceled if a companion is not available.

THE PROCEDURE

- At the beginning of your appointment, you will be brought to an assessment area, where the doctor and/or nurse will explain the procedure and answer your questions. At that time, you'll be asked to sign a consent form, giving your permission to have the procedure performed. You will also meet with an anesthesiologist who will be responsible for sedating you during your procedure and watching your breathing and heart rate. You will be asked to change into a hospital gown and remove your eyeglasses and contact lenses.
- You will then be taken into a procedure room, where you will lie on your left side in a comfortable position, and will be given medication to make you sleepy and relaxed through an injection into a vein. The doctor will then pass the colonoscope through the anus and into the rectum, and advance it through the colon. This examination generally takes fifteen to sixty minutes. Depending on what your doctor sees, he or she may also obtain a biopsy or remove polyps found at this time. Removed tissue and polyps are sent to the laboratory for analysis. These additional steps do not usually cause discomfort.
- During the procedure, you may experience some abdominal cramping and pressure from the air that is introduced into your colon. This is normal, and will pass quickly. You may be asked to change your position during the examination, and will be assisted by a nurse.

POST-PROCEDURE

- After the colonoscopy, you will remain in the recovery area for about 30 minutes until the effects of the sedating medication wear off. Before you are discharged, your physician



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will discuss the exam results and follow-up plans, and you will be given a discharge instruction sheet.

- A companion must be available to accompany you home from the procedure, since the sedation will impair your reflexes and judgment. For the remainder of the day you should not drive a car, operate machinery, or make important decisions.

RISKS OF COLONOSCOPY

- Colonoscopy is a rather common examination that is usually performed on an outpatient basis. Complications are rare (less than one in 1,000 examinations). However, complications such as reactions to medication, perforation (tearing) of the intestine and bleeding may occur, which sometimes requires urgent treatment or surgery.
- The risks are slightly higher when colonoscopy is used to apply treatment, such as removal of polyps.
- Inform us immediately if you have any severe pain, black tarry stools or persistent bleeding, or fever/chills in the hours or days after colonoscopy.

COLONOSCOPY VIDEO

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



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COLONOSCOPY PREPARATION INSTRUCTIONS

Miralax-Gatorade (PEG 3350-Sports Drink)

It is very important that you follow each step and complete all of these instructions or your colonoscopy may have to be repeated

PURCHASE IN ADVANCE

- Two 238 gram bottles of Miralax (or Glycolax)-no prescription needed
- Two 64 ounce bottles (or four 32 ounce bottles) of a sports drink (examples include Powerade, Gatorade, sugar-free Powerade, sugar-free Gatorade, Crystal Light, iced tea)-Recommended flavor lemon-lime
- Please do not purchase red or purple sports drinks

SEVEN DAYS BEFORE COLONOSCOPY

- Stop all fiber supplements and medications containing iron, including multivitamins

DAY BEFORE COLONOSCOPY

Diet Modifications

- You may have a low fiber breakfast (examples include white bread with butter, white rice, eggs, cheese, yogurt, milk).
- After the low fiber breakfast, please have a clear liquid diet the rest of the day. Please avoid all liquids that are red or purple. Please avoid all dairy products.
- A clear liquid diet may include:
 - Soup: Clear broths such as chicken, vegetable, beef consommé. These broths should not have noodles or solid food in them
 - Juice: Apple, limeade, white cranberry, white grape
 - Beverages: Tea (please do not add milk or cream), coffee (please do not add milk or cream), soda, Gatorade (or other sports drinks), water, vitamin water (or other similar drinks)
 - Desserts: Jello (no red or purple), italian ices, popsicles, hard candies

Prep Instructions

- Mix the first entire 238 gram bottle of Miralax with 64 ounces of Gatorade, Powerade, or Crystal Light in a large pitcher. You may use any other clear liquid you choose as well. Stir. We recommend chilling the mixture. You may add ice.
- At 2 PM, start drinking your chilled Miralax mixture. Plan to consume ½ of the mixture. The start time for this may be varied according to your personal circumstances.
- You should pace yourself to drink an eight-ounce glass of the mixture every 10-15 minutes, until you have finished ½ of the mixture.
- Expect to move your bowels at least 5-10 times, although some people do not have multiple bowel movements after this initial dose of preparation. It usually takes about 30-



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60 minutes after drinking the Miralax solution to begin having bowel movements. You may notice some bloating or cramping at the beginning of the preparation, but this will usually improve once the bowel movements begin.

- At 7 PM, consume the rest of the Miralax mixture.
- Bowel movements should resume within 30 minutes to one hour. Expect to move your bowels at least 10-15 times.

DAY OF COLONOSCOPY

- Mix the second entire 238 gram bottle of Miralax with 64 ounces of Gatorade, Powerade, or Crystal Light in a large pitcher. You may use any other clear liquid you choose as well. Stir. We recommend chilling the mixture. You may add ice.
- 8 hours before the test is scheduled, again start drinking your chilled Miralax mixture. Plan to consume $\frac{1}{2}$ of the mixture.
- You should pace yourself to drink an eight-ounce glass of the mixture every 10-15 minutes, until you have finished $\frac{1}{2}$ of the mixture.
- Bowel movements should resume within 30 minutes to one hour. Expect to move your bowels at least 10-15 times.
- 5 hours before the procedure time, consume the rest of the Miralax mixture.
- You should pace yourself to drink an eight-ounce glass of the mixture every 10-15 minutes, until you have finished $\frac{1}{2}$ of the mixture.
- Bowel movements should resume within 30 minutes to one hour. Expect to move your bowels at least 10-15 times.
- By the end of your preparation, your stool should become a clear, yellow tinged fluid. If the stool coming out is not clear, please drink an additional 1-liter of water or another clear fluid approximately 3 $\frac{1}{2}$ hours prior to your procedure time.
- You may continue to drink clear fluids until 3 hours before the test is scheduled, but then nothing by mouth after that.

HOW DO I KNOW IF MY PREP IS ADEQUATE?

The stool should be watery in consistency and should be a clear, yellow-tinged fluid without stool particles. Digestive secretions will continue to “tint” the stool yellow. If you are concerned that there are still stool particles present, you can self-administer one or two saline enema laxatives (these are available in pharmacies without prescription as 4.5 fluid ounce enemas) prior to leaving home for the procedure. If your prep is inadequate, the physician may not be able to visualize the entire colon adequately.



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WHERE TO GO

- Procedures are scheduled at:

Mount Sinai Hospital
1184 Fifth Avenue
7th Floor
New York, New York 10029

Mount Sinai Morningside
1111 Amsterdam Ave.
Stuyvesant Bldg, 4th Floor
New York, New York 10025

Endoscopy Center of New York
201 East 93rd Street
New York, New York 10128

Mount Sinai West
1000 10th Avenue, 1st Floor
New York, New York 10019

Upper West Side Endoscopy
230 West 74th Street
New York, New York 10023

- Make sure you know where your colonoscopy will be performed.
- Please arrive 1 hour in advance of your scheduled procedure time to allow time to complete the necessary paperwork.
- Please bring a photo ID
- Please bring current insurance card, if applicable.
- If for any reason you need to cancel your procedure, please call 212-659-8770. You must call at least 48 hours in advance to allow other patients to be scheduled for procedures.

(Revised 7-2021)