

In order for the doctor to perform a colonoscopy, a bowel “cleanout” must be completed prior to the procedure. A bowel cleanout is a combination of a clear liquid diet and oral laxatives. The doctors prefer using NuLYTELY/GoLYTELY, it is the most safe and effective laxative for better visual results. There are 3 other options to bowel cleansing solutions, which are MiraLAX (non prescription), SUPREP, and HalfLyte. If you have a reason to refuse the split dose NuLYTELY/GoLYTELY prep, then these 3 other options are available. However, they may not clean the colon as well and have not been as well tested for safety.

MiraLAX/Gatorade Prep for Colonoscopy

You have been scheduled for a colonoscopy with Northern NM Gastroenterology Associates. Please follow these instructions to prepare for your colonoscopy.

Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure, if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.

Please read all the instructions ahead of time so you can be adequately prepared for this procedure.

IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.

SUPPLIES TO PURCHASE:

- MiraLAX laxative (238 gm bottle-over the counter)
- Four Dulcolax tablets (over the counter)
- Two 32 oz bottles of sports drink- Gatorade/PowerAde (no red, purple, or blue) or Crystal Light if you are a diabetic (no red, purple, or blue)
- You may have clear liquid items from the following list-
 - *Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE

FIVE DAYS PRIOR TO YOUR EXAM

- Avoid food with nuts or small seeds

THREE DAYS BEFORE YOUR COLONOSCOPY

- Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc)
- Do not take any iron pills or vitamins containing more than 15 mg of iron

TWO DAYS BEFORE YOUR COLONOSCOPY

- It is best to eat lightly for two days before your exam. It makes the cleanout easier and more effective. Try to avoid overeating. Avoid fibrous foods with skins, seeds, etc.

ONE DAY BEFORE YOUR COLONOSCOPY***NO SOLID FOOD ALL DAY***

Follow the instructions below the day prior to your procedure:

1. A clear liquid diet should be started first thing in the morning
2. Take 2 Dulcolax tablets at Noon with a clear liquid lunch
3. About 4 hours after taking the first 2 Dulcolax tablets, mix 119 grams (the first half) of MiraLAX with one quart of Gatorade/Crystal Light in a large pitcher. Stir well and add ice. Be sure to stir the solution until the MiraLAX is completely dissolved. Drink an 8 oz glass every 10-15 minutes until the first half of the solution is entirely gone. Remain near bathroom facilities for the remainder of the evening. (If you feel nauseated, stop for one hour but you need to drink all solution within 4 hours)
4. At 8:00PM take the last 2 Dulcolax tablets
5. Continue drinking clear liquids until bedtime
6. Diabetics will need an adjustment of their medications this day, ask your prescribing doctor for instructions

DAY OF COLONOSCOPY

- **NO Breakfast**
- At least 3 hours before leaving for your exam, mix 119 grams (the second half) of MiraLAX with one quart Gatorade/Crystal Light in a large pitcher. Stir well and add ice. Be sure to stir the solution until the MiraLAX is completely dissolved. Drink an 8oz glass every 10-15 minutes until the second half of the solution is entirely gone. You must remain fasting for 2 hours before your exam. No food, drink, candy, gum, etc. You may take any important prescription medications with a small sip of water. (Diabetic medications and blood thinners such as Coumadin require specific instructions, please ask your PRESCRIBING doctor.)

MEDICATIONS

- **Blood thinning medications** (such as Coumadin, Warfarin, Plavix, Lovenox, etc) may need to be discontinued prior to your procedure. **Please contact your prescribing physician for instructions in advance**; you may need to be off these drugs up to 10 days prior to your procedure. Ticlid, Plavix users you have the option of waiting until treatment is completed if you are scheduled for a screening colonoscopy. Otherwise, anti-platelet agents should be continued although they will increase risk of bleeding if biopsies are done.
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC powder, etc) or non-steroidal anti-inflammatory drugs (e.g. ibuprofen, Nuprin, Advil, Aleve, Motrin, etc) for 5 days prior to your appointment.
- **Continue to take your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician. Take AM doses the day of exam after you finish your prep.
- **Diabetic patients**, if you take an oral hypoglycemic (“sugar pill”) **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose the night before.** **On the day of your procedure wait until you eat after the procedure to take your usual AM dose.**