GASTROENTEROLOGY
OREGON MEDICAL GROUP
COLONOSCOPY INSTRUCTIONS
(MIRALAX / BISACODYL PREP)

Your GI doctor: □ Khoi Tran, MD □ Harry Park, MD

Where you will have your procedure: □ McKenzie Willamette Medical Center (541-726-4400)
□ Cascade Endoscopy Center (541-726-8882) Suite 110

PLEASE Arrive at ______ am/pm on ____________. Your procedure starts at ______ am/pm

Getting ready:
✓ Plan to have someone drive you to your procedure and take you home after the procedure. The procedure may be delayed or canceled if we cannot verify your ride home. NO Taxies or Bus.
✓ NO iron (ferrous sulfate) within 2 weeks of your procedure; Multivitamin with iron is OK
✓ NO ASPIRIN or Aspirin products within 10 days of your procedure, unless otherwise instructed.
✓ Stop ibuprofen (Motrin/Advil) 1 day before procedure.
✓ Acetaminophen (Tylenol) is OK.
✓ NO nuts or seeds within 7 days of the procedure.

****** PRECAUTIONS- PLEASE READ CAREFULLY and Plan Ahead: *****

Bowel Prep: You will need to purchase over-the-counter:
• Miralax 238g bottle,
• (4) Dulcolax (Bisacodyl 5 mg) Laxative type tablets, over the counter.
• Magnesium Citrate 10oz. bottle, over the counter
• Gatorade 64 oz. bottle. Choose a pale or pastel color. No red, blue, orange or purple.
(The following times are guidelines. Give yourself more time if bowel movements are not occurring to schedule)

DAY BEFORE EXAMINATION:
• Drink only “CLEAR LIQUIDS” for breakfast, lunch, dinner: fruit juices without pulp (apple, white grape, lemonade), chicken broth, green or yellow Jell-O, Gatorade, popsicles, 7-Up, coffee or tea.
• NO red, orange blue or purple colored liquids. NO solid foods or dairy.
• 9 AM: take 2 Dulcolax (bisacodyl) tablets with 8 ounces of water.
• 2 pm: mix entire bottle of Miralax with Gatorade in a pitcher. Drink half of the mixture slowly over 1-2 hours. Drink 16 ounces of water afterward to optimize the prep. Continue to drink clear soda, tea, broth every 30 min.
• 5 pm: if you have NOT had several bowel movements, drink the bottle of Magnesium Citrate slowly over one hour (easier to drink if it is well chilled.) followed by a glass of water. Skip this step if bowel movements have cleared to a light yellow color.
• 7 pm: if bowel movements are formed stool, call 541-284-1600 for Suprep as alternative medication. The goal is to have your bowel movements pale yellow prior to retiring for the night. * Pharmacies close at 6 PM on Sunday, please call 541-284-1600 by 5 PM to get Suprep alternative, if Miralax is not working.
• At Bedtime: Take 2 Dulcolax (bisacodyl) tablets with 8 ounces of water.

DAY OF EXAMINATION:
• No food until after the procedure. No coffee on the AM of the procedure. (Please see instructions on the other side regarding medications.) Your may drink GREEN TEA, it does contain caffeine.
• At _____(5 hours before your procedure appointment), Drink remaining Miralax mixture followed by 16 ounces of water.
• Expect to have at least 12-15 bowel movements total by now. Last bowel movement should be clear yellow, looking like urine. If bowel movements are still brown with debris within 2 hours of procedure time, procedure may need to be rescheduled to another day with double prepping. PLEASE call our office 541-284-1600.
Important Information to optimize your procedure:

- It is helpful to hydrate yourself 1-2 days prior to beginning your prep; the extra water or fluid in your body and cells will help sustain good body electrolyte balance during to prepping and evacuation.
- Patients with history of constipation may need to take Miralax (over the counter) powder laxative 17g/day to improve bowel habits for a week before the procedure day.
- Drink a variety of other approved liquids such as Gatorade or sports drinks and not just water. DO NOT drink more than 8 additional glasses of free water during the day of the bowel prep. This could cause an unsafe electrolyte imbalance. (Gatorade or sports drinks are OK)

Medication Information:

- **The Day before the exam:** Take routine medications 2 hours before starting Miralax prep or hold medications until 2 hours after finishing Miralax prep. The medications may be washed out before they are absorbed.
- **The Day of the exam:** Stay on blood pressure medications unless you are told otherwise. Do **take your AM medications for blood pressure or heart rate control and other essential medications.** The medications in tablet form 5 hours before your procedure. It is ok to take with a small sip of water. Do not take medications in a capsule form the day of your procedure, the granules can jam the scopes.
- Additional instructions are needed if you take Coumadin, Plavix, Effient, or Aggrenox. **Please call our office to speak to a clinical staff member if you are unsure or have questions as you are prepping. Our office number is (541) 284-1600**

**Diabetic patients:** Be sure to check blood sugar on the day of the bowel prep at least 3-4 times throughout the day to monitor your glucose levels. If glucose is less than 100, drink juice. If greater than 250, please call our office (8:30-5pm M-F, 541-284-1600) or Oregon Medical Group After Hours Clinic for instructions at 541- 686-9000.

- **On oral medications:** hold all diabetic pills on the day of the bowel prep. Resume diabetic medication with the first meal after your procedure.
- **On injectable insulin:** cut long-acting insulin (Lantus) by half on the night before the bowel prep (2 days before procedure). Hold all insulin on the day of the bowel prep. Resume the next day with your first meal.

- If your bottom becomes sore or raw from the frequent bowel movements try applying a thick layer of Desitin or A+D ointment for protection and comfort. Moistened wipes that are flushable are also very useful.

*If there are any questions regarding this procedure, please call our office at 541-284-1600 during business hours or After Hours Clinic at 541-686-9000 during weeknights until 10:00 pm or weekends until 5:00 pm.*

Revised 04/2013 KT