



Alyn L. Adrain, M.D.  
Valley C. Dreisbach, M.D.  
Tian Gao, M.D.  
Neil R. Greenspan, M.D.  
Daniel Greenwald, M.D.  
Brett D. Kalmowitz, M.D.  
David Schreiber, M.D.  
Samir A. Shah, M.D.  
Jeremy Spector, M.D.  
Jaclyn DeCoursey, PA-C  
Isabella Oldenburg, PA-C

## Getting ready for your Colonoscopy

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ Procedure time: \_\_\_\_\_

Location: \_\_\_\_\_

Please read through instructions at least one week before your procedure.

If you have any questions, please call **401-274-4800**.

Make sure you have **someone to drive you home** from the colonoscopy. You will not be able to drive for 24 hours. You **can not take public transportation** (no bus, taxi, Uber, etc) unless a responsible adult is with you and accompanies you.

**If you are unable to keep your appointment, we request that you call at least 3 business days before your procedure is scheduled, so that we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.**



## Extended Miralax Bowel Preparation Instructions

Adequate colon cleansing is an essential component of your colonoscopy procedure.

**Please notify our office if you have any of the following conditions:** Kidney disease, heart disease, diabetes, problems with bleeding/ clotting or if you take blood thinning medications including: coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Pradaxa/dabigatran, Brillinta/ticagrelor, Pletal/cilostazol or Xarelto/rivoroxaban. Or if you take Semaglutide medications such as: Ozempic, Wegovy, Mounjaro.

### **Purchase the following medications for your bowel prep:**

- One (1) 238g bottle of Miralax
- One (1) 64 oz bottle of Gatorade (Not red)
- Two (2) 5mg Dulcolax (Bisacodyl) tablets
- Two (2) 125mg Gas-X (Simethicone) tablets

### **Five (5) Days Before Your Colonoscopy**

**Stop** eating foods which contain seeds, corn or nuts. **Eat a LOW fiber diet.**

**Stop** taking Iron supplements or vitamins containing iron starting today and leading up to the colonoscopy.

If you normally take anti-diarrhea medications (Imodium or pepto-bismol for example), please **stop them two days before your procedure.**

### **Two (2) Days Before Your Colonoscopy**

You can have a light breakfast (One egg, cheese and white toast). **Beginning at 12:00pm noon, clear liquids only.**

**Clear liquids** include water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, Powerade, or jello. A **small** amount of milk or plain yogurt/ice cream (smooth in consistency) during the day is acceptable.

**DO NOT** drink red colored liquids. **DO NOT** drink alcohol.

**At 5 pm:** Take 2 Dulcolax tablets with an 8 oz glass of clear liquids.

### **The Day Before the Colonoscopy**

**Continue** liquid diet. **NO solid foods.** It is important to drink plenty of fluids throughout the day so that the laxative is effective and so you don't become dehydrated. **Drink an 8 oz glass of clear liquid every hour starting at 12 noon.**

**At 5 pm:** Mix all of the 238g bottle of Miralax with a 64 oz bottle of Gatorade (do not use red) in a pitcher until all of the Miralax is dissolved. You need to drink three quarters of the solution within 2 hours in order for it to be effective. Drink one 8 oz glass approximately every 10-15 minutes until 3/4 of the solution is gone followed by the first Gas-x (simethicone) tablet. Refrigerate the remaining preparation.

### **On the Day of the Colonoscopy**

- **Drink** the remaining Miralax mixture along with the second Gas-x (simethicone) tablet.

**Finish the Miralax solution by \_\_\_\_\_.**

- **NO solid foods. No dairy.** You may have **CLEAR LIQUIDS ONLY** (Water, black coffee/tea, Apple Juice) **UNTIL 3 HOURS BEFORE YOUR PROCEDURE:** \_\_\_\_\_. (Along with all regular medications unless otherwise instructed.)

**NOTHING ELSE BY MOUTH.**



## Helpful Hints

- Use the “good” toilet paper or baby wipes during the prep. To help protect your skin during the preparation you can use A&D ointment, Desitin, Balmex or Vaseline. Use it every trip after the bathroom to help prevent your skin from becoming sore.
- Stay well hydrated. You can lose a lot of fluids during the prep. Drink at least as much as the directions instruct you to do.
- The end result of the cleansing needs to be liquid. Most often it is yellow in color and not crystal clear. There may be small flecks of sediment.
- If you normally drink coffee, it is OK to have a cup during your prep.
- If you get a headache, it is OK to take something during the prep.
- Try sucking on a lemon or lime wedge after each drink of bowel prep
- Chill the bowel prep in the refrigerator
- Drinking the prep through a straw may blunt the taste
- It may take a while before the first dose of the prep starts to work. You may have urgency so stay near a bathroom. This is not the time to go out shopping !
- Wear loose fitting, comfortable clothing to the procedure.

