

## UPPER ENDOSCOPY WITH COLONOSCOPY WITH MIRALAX AND GATORADE AND MAG CITRATE SPLIT PREP

Purchase the following supplies at your local pharmacy.

### 2 - Bisacodyl tablets

(Dulcolax® laxative NOT Dulcolax® stool softener) each tablet contains 5 mg of bisacodyl

### 1 - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder

(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

### 64 oz. Gatorade®/Powerade® (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte or Propel®, Liquid IV, and other electrolyte beverages are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange) are okay. If you are diabetic, buy Gatorade G2 or Powerade Zero.

### 1-10 oz bottle Magnesium Citrate (No red colored flavors)

It is also okay for you to use a 0.5-ounce package of powdered magnesium citrate (17 grams) mixed with 10 ounces of water.

### Simethicone 80mg or 125 mg tablets, chewable, or soft gels

Simethicone is available over the counter in a variety of forms and dosages. Capsules, chewable tablets, and liquid are all acceptable forms.

- If you are buying 125mg tablets, purchase enough simethicone to take 4 tablets.
- If you are buying 80mg tablets, purchase enough to take 6 tablets.

## PREPARATION FOR COLONOSCOPY

For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

### Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you need to cancel or reschedule for any other reason, call 715-531-6907 at least 72 hours prior to your appointment.

### Transportation:

Please remember a responsible person needs to check in with you on your procedure day, go with you after discharge, drive you home after your procedure and assist you with follow up care. This takes approximately 2-3 hours from check-in to discharge. You will not be able to drive a car, operate machinery, or go to work until the following day. Failure to bring a responsible person may result in your appointment being rescheduled. Don't take a bus, cab, or ridesharing service unless an adult rides with you.

Some patients may experience temporary memory loss after the procedure due to use of monitored anesthesia care. You may wish to have a responsible person present during your discharge to take notes on your behalf and ask questions related to your follow up care.

If the patient is a minor or requires a legal guardian, the legal guardian must be present to check in the patient on the procedure day. If the legal guardian is not able to be present at check in, they will need to be available by phone for the duration of the procedure and through patient discharge.

### **7 days before:**

- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil, and Fibercon.
- Discontinue the use of over-the-counter medications such as ibuprofen, Advil, Aleve, or Motrin.
- Talk to your primary care clinician about stopping or instructions for the below medications.
  - Anticoagulation medication (apixaban [Eliquis], dabigatran [Pradaxa], rivaroxaban [Xeralto] or warfarin [Jantoven or Coumadin])
  - Antiplatelet medications (clopidogrel [Plavix])
  - Insulin medication

### **3 days before:**

- Begin a Low-Fiber Diet. A low fiber diet helps make the cleanout more effective.
  - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments. If you are on a gluten free diet, look for items with less than 2 grams of fiber per serving including bread, pasta, waffles, pancakes, cold cereals, rice cakes, rice crackers, and cream of rice.
  - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans, and lentils.

For additional details on following a low fiber diet, please see last page of instructions.

### **2 days before:**

- Continue Low Fiber Diet.
- Drink at least 8 (8 oz) glasses of water throughout the day.
- Don't drink any alcoholic beverages.
- Stop eating solid foods at **11:45 pm.**

### **1 day before:**

- Begin Clear Liquid Diet (clear liquids include things you can see through).
  - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
  - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
  - Drink at least 8 (8 oz) glasses of water throughout the day
- **At noon:** Take 2 Bisacodyl (Dulcolax) tablets
- **Between 4-6pm:** Drink Miralax – Gatorade/Powerade preparation.
  - Mix 1 bottle of Miralax with 64 oz. of liquid (a minimum of 56 oz of electrolyte beverage should be used to mix Miralax and up to 8 oz of water can be added to achieve the desired 64 oz).
  - Drink 1 – 8 oz. glass of the Miralax/electrolyte solution.
  - Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.
  - With the last glass of Miralax- Gatorade solution: **take 400-500mg of simethicone.**
    - 4 tablets of the 125mg tablets
    - 6 tablets of the 80mg tablets

### **Colon Cleansing Tips:**

Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

### **Day of your procedure:**

You may take all your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by your primary care office), methadone, anti-seizure medications with sips of water **3 hours prior to your procedure or earlier**. Do not take any chewable vitamins or supplements. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet **up to 3 hours prior to your procedure**, then stop drinking. As a reminder, continue to avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- **4 hours prior to your procedure time** (Example: 3:30am for a 7:30am procedure)
  - Drink 10 ounces of Magnesium citrate.
  
- **3 hours prior to your procedure time** (Example: 4:30am for a 7:30am procedure)
  - STOP consuming all liquids.
  - Do not take anything by mouth during this time.
  - Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.

You are ready for the procedure if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

### **Bring the following to your procedure:**

- Insurance Card/Photo ID
- List of current medication including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Wear glasses or bring contact lens supplies.
  - You will be asked to remove contact lenses prior to your procedure.
- Don't wear any jewelry, cosmetics, or perfume day of procedure
- Shower the morning of your procedure

## Low Fiber Diet Guide

<b><u>RECOMMENDED FOODS</u></b>	<b><u>FOODS TO AVOID</u></b>
<p style="text-align: center;"><b>Bread, Cereal, Rice, and Pasta:</b></p> <ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, and croissants, melba toast</li> <li>• Waffles, French Toast, and pancakes</li> <li>• White rice, noodles, pasta, macaroni, and peeled cooked potatoes</li> <li>• Cooked cereals: Farina, Cream of Rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K</li> </ul>	<p style="text-align: center;"><b>Bread, Cereal, Rice, and Pasta:</b></p> <ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds, or fruit</li> <li>• Whole wheat, pumpernickel, rye breads, and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> </ul>
<p style="text-align: center;"><b>Vegetables:</b></p> <p>Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</p>	<p style="text-align: center;"><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, and corn</li> </ul>
<p style="text-align: center;"><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas</li> <li>• Melons</li> </ul>	<p style="text-align: center;"><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins</li> </ul>
<p style="text-align: center;"><b>Milk / Dairy:</b></p> <ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Yogurt, custard, and ice cream</li> <li>• Cheese, cottage cheese</li> </ul>	<p style="text-align: center;"><b>Milk / Dairy:</b></p> <ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<p style="text-align: center;"><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<p style="text-align: center;"><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas, and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>
<p style="text-align: center;"><b>Fats, Snacks, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream, and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey, and syrup</li> <li>• Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles</li> <li>• Hard candy or pretzels</li> <li>• Ketchup, mustard</li> </ul>	<p style="text-align: center;"><b>Fats, Snacks, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, and preserves</li> <li>• Pickles, olives, relish, and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> </ul>