

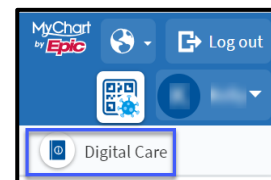
Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a colonoscopy for you. A link to your colonoscopy information is available at My Duke Health. Please review your procedure information and watch the prep videos to prepare for your colonoscopy. You must complete a bowel preparation (prep) for your colonoscopy. Your provider selected your colonoscopy prep based on your health history. A bowel prep removes the stool from your colon. Your prep is MiraLax® One Day Bowel Prep.

What is a Colonoscopy?

A colonoscopy is a procedure to screen for colon cancer or check GI symptoms. During a colonoscopy, your doctor will insert a thin, flexible tube with a camera into your rectum. The doctor will look inside your colon to check on the health of your colon. A clean colon allows your doctor to see the colon lining. You will receive IV sedation to help you sleep and stay comfortable during your colonoscopy. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

Planning for Your Colonoscopy - Two (2) weeks before your colonoscopy

- Log into My Duke Health to review your colonoscopy information. Select Digital Care for the link to the printed information and videos.
- Read your instructions and watch the two videos.
- For this procedure, you will complete a bowel prep. Follow these step-by-step instructions.
- Purchase your prep supplies and clear liquid diet items.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for about four (4) hours for your procedure.
- Since you will receive IV sedation for your procedure, you cannot drive or work for 24 hours after sedation.
- Print these instructions and place them in a safe place, like on your refrigerator.



Colonoscopy Overview and Step-by-Step Prep Video Links

Open YouTube and enter *Duke GI Colonoscopy One Day Miralax Prep* in the search field

<https://youtu.be/C0MOMdiIxNI>

<https://youtu.be/JoJ8XEm8gN0>

Shopping List - Prep Items

Your colonoscopy prep is MiraLAX one-day bowel prep. Purchase your prep supplies at your local pharmacy or grocery store. There is no prescription for this prep.

- One (1) bottle of MiraLAX® powder - 17.9 ounces (generic options ClearLax or SmoothLax)
- Four (4) non-coated Simethicone tablets. Dose 125 mg (Brand name Gas-X®)
- Two (2) Bisacodyl tablet (Brand name Dulcolax®)
- Three (3) 28-ounce bottles of low-sugar sports drinks. (Examples: Gatorade Zero®, Hydralyte®, Pedialyte®, or Powerade Zero Sugar®)
- Assorted clear liquids to drink the day before and the day of your procedure. Review the clear fluid list on page 4. ****Do not buy Red or Purple fluids.****

TWO (2) WEEKS Before Your Procedure

- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



SEVEN (7) DAYS Before Your Procedure

- Stop taking iron pills and multivitamins with iron.
- Drink one (1) extra glass of water every day until your procedure day.

FIVE (5) DAYS Before Your Procedure

- Stop eating fiber-rich foods like beans, raw fruits or vegetables, nuts, or seeds. Review the low-fiber diet list on page 4.
- Stop taking Fish Oil supplements.
- Continue to drink one (1) extra glass of water daily.



TWO (2) DAY Before Your Procedure

- Stop taking your fiber supplements like Metamucil®, Citrucel®, and Fiberall®.
- At 6:00 p.m., take two (2) Dulcolax tablets with a glass of water.

ONE (1) DAY Before Your Procedure – When you Wake Up

- Do not eat any solid food for the entire day. Drink only clear liquids and the prep solution.
- Mix the laxative prep solution.
 1. Add seven (7) capfuls of MiraLAX powder into one (1) 28-ounce bottle of sports drink. You can use a pitcher to mix the powder and sports drink.
 2. Repeat this step. Add seven (7) capfuls of MiraLAX powder to the second 28-ounce bottle of sports drink.
 3. Shake both bottles well and place the bottles into the refrigerator.
 4. At 5:00 p.m.: Take one (1) bottle of the prep solution out of the refrigerator and shake well. Using a straw, drink one (1) glass of the solution every 10 minutes until the bottle is empty.
 5. At 6:00 p.m., take two (2) Simethicone tablets with a glass of water.
 6. At 7:00 p.m., repeat the steps and drink the second bottle of the prep solution.
- Stay near a bathroom. In a few hours, you will begin to have many bowel movements.
- Before bed, prepare the third bottle of laxative solution to drink in the morning.
- Add seven (7) capfuls of MiraLAX powder to the third 28-ounce bottle of sports drink. Place the bottle in the refrigerator.
- Continue to drink clear fluids until you go to bed. The more fluid you drink, the better your prep will be.



The Day of Your Procedure – When You Wake Up

- Do not eat any food. Drink only the prep solution and water.
- Five (5) hours before your scheduled procedure, remove the third bottle of the prep solution from the refrigerator. Shake the bottle well. Using a straw, drink one (1) glass of the solution every 10 minutes until the bottle is empty.
- Follow your provider's instructions about your morning medicines and take them with a sip of water.
- Four (4) hours before your procedure, take two (2) Simethicone tablets with a glass of water. Then STOP drinking ALL fluids.
- Two (2) hours before your procedure, your bowel movements should look like green or yellow water. If you still have brown or solid stool, call Duke GI at (919) 684-6437 and ask to speak to a nurse.



Preparation Information and Frequently Asked Questions (FAQs)

If you have a **Pacemaker or Internal Defibrillator**: Bring your device information card to your anesthesia and colonoscopy appointment. Give the device card to your nurse when you check in for your procedure.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

I am a diabetic. Should I take my diabetes medicines when I drink my prep?

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask how to adjust your insulin dose as you prep. Check your blood sugar several times the day before and the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

I am a diabetic. Should I take my diabetes medicines when I drink my prep?

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar several times the day before and the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

How do I know if my colon is clean for my procedure?

Your colon will be clean if you follow each step in the prep. You are ready for your colonoscopy if you can see through your bowel movement and there is no solid matter. Your stool should look like yellow or green water.

The laxative solution makes me vomit or nauseous. How do I complete my prep?

Stop drinking the prep solution for 30 minutes if you are nauseated or vomit. Use a straw and slowly drink the rest of the solution. Chew gum, suck on hard candies, and drink other flavored clear liquids in between drinking the prep. Drink ginger tea, ginger-ale soda, or broth. Drink all of the laxative solution, even if it takes you longer. If you continue to vomit or cannot finish the solution, call Duke GI and ask to speak to a nurse.

What are examples of high-fiber foods?

High-fiber foods include all fruits, vegetables, nuts, seeds, whole-grain bread, beans, and lentils.

What are examples of low-fiber foods?

Review the list of low-fiber foods below.

Can I drink alcohol, wine, or beer during my bowel prep?

No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol during your colonoscopy prep.

Do I continue my clear liquid diet after I begin drinking the laxative solution?

Yes, continue to drink clear liquids with your prep solution. The more clear fluids you drink, the better your prep will be. You will feel better if you drink extra fluids. Stop drinking water four (4) hours before your procedure.

I weigh under 100 pounds. Do I need to drink all of the prep solution?

Yes, the prep is not weight-based. Completing the entire prep is important to clean your colon.

I had a gastric bypass. Do I still need to complete the entire prep?

Yes, you must complete all steps in the prep so your colon is clean.

What if I lose my prep information?

Log into your Duke MYChart and select Digital Care to print your instructions, or call Duke GI for help.

Clear Liquid Examples

You can drink any of these fluids (liquids) during your colonoscopy prep.

All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink (no red or purple colors)

Low Fiber Food Examples	Start your low-fiber diet FIVE (5) days before your colonoscopy
Milk and Dairy	Milk, cream, cheese, cottage cheese, yogurt, and protein drinks
Bread and Grains	White rice, white bread, and plain crackers (saltines or Ritz) Low-fiber cereals (Rice Krispies, Cream of Wheat, Cornflakes)
Meats and Protein	Chicken, Turkey, Pork, Veal, Fish, Shellfish, Eggs, and Tofu Smooth Peanut Butter or Almond Butter Chicken, beef, or vegetable broth, consommé, and strained soups
Fruits	Fruit juice without pulp Applesauce Cantaloupe and honeydew melon Peeled Apricots and peaches Canned or cooked fruit without seeds or skin
Vegetables Canned or Cooked	Peeled carrots Mushrooms Peeled potatoes
Desserts without fruit	Plain Custard, pudding, ice cream, sherbet, or gelatin