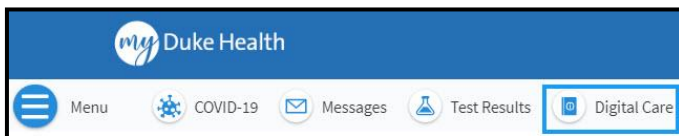


Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a lower GI procedure for you. Please review the procedure information and watch the prep videos to prepare for it. You must complete a bowel preparation (prep) for this procedure. A bowel prep removes stool from your colon. Your provider selected your bowel prep based on your health history. Your prep is MiraLAX Extended bowel prep. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

Planning for Your Procedure

TWO (2) WEEKS Before Your Procedure

- ☐ If you have a My Duke Health account (Duke MyChart), log into your account to review your procedure prep information. Select Digital Care to review and print the information.
- ☐ To create a My Duke Health account, you can call 1-800-782-6945 or access the website at <https://www.dukehealth.org/duke-mychart>
- ☐ Sign up for the Care Convoy® mobile health app. This app is designed specifically for Duke GI patients. It is a tool that will guide you through each step of your prep. You can access the app from Google Play or the Apple Store using the QR code below. You will also get an email invitation from Care Convoy® with download instructions. The app will support you through your prep and allow you to confirm your procedure appointment. Care Convoy will ensure you are well-prepared and at ease for your procedure.



Care Convoy QR Code

- ☐ Ask a family member or friend to 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 your procedure for about four (4) hours.
- ☐ Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- ☐ Put your procedure instructions in a safe place, like on your refrigerator.
- ☐ If you have diabetes, contact your diabetes provider to ask how to adjust your medicine during your bowel prep.
- ☐ If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

Lower GI Procedure using Miralax Extended Prep Video Links

Open YouTube and search *Duke GI Colonoscopy Miralax One-Day* in the search field or select each link to watch the videos: <https://youtu.be/C0MOMdIlxNI> and https://youtu.be/e_jcWJ09cwM

Shopping List - Prep Items

Your GI Procedure prep is MiraLAX Extended bowel prep. This is an over-the-counter prep. You can purchase all your prep supplies at any pharmacy or grocery store.

- ☐ One (1) bottle of MiraLAX® powder – 26.9 ounces (generic options ClearLax or SmoothLax)
- ☐ Four (4) Non-flavored or Peppermint chewable Simethicone soft gels - 125 mg (Gas-X SoftGels®).
- ☐ Two (2) Bisacodyl tablet – 5 mg (Brand name Dulcolax®)
- ☐ Five (5) 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.
- ☐ ****Do not buy Red or Purple fluids. ****

TWO (2) WEEKS Before Your Procedure

- ☐ If you have diabetes, contact your diabetes provider to ask how to adjust your medicine during your bowel prep.
- ☐ If you take medicine that thins your blood, ask your provider if and how long 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 or any other supplement with iron.
- ☐ Drink one (1) extra glass of water daily until your procedure day.

FIVE (5) DAYS Before Your Procedure

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



TWO (2) DAY Before Your Procedure

- ☐ **Do not eat any food today.** Drink only clear liquids and the MiraLax prep solution.
- ☐ Stop taking your fiber supplements like Metamucil®, Citrucel®, and Fiberall®.
- ☐ At 12:00 p.m. (noon): Take two (2) Bisacodyl tablets – 5 mg (Brand name Dulcolax®)
- ☐ Mix the laxative prep solution following these steps:
 1. Add 14 capfuls of MiraLAX powder and two (2) 28-ounce bottles of sports drink into a container (pitcher).
 2. Stir the mixture well and place the pitcher into the refrigerator.
- ☐ At 5:00 p.m., remove the pitcher from the refrigerator and mix the prep solution well.
- ☐ Using a straw, drink one (1) glass of the solution every 10 minutes until it is gone.



ONE (1) DAY Before Your Procedure

- ☐ **Do not eat any food today.** Drink only clear liquids and the MiraLAX prep solution.
- ☐ Mix the laxative prep solution following these steps:
 1. Add 14 capfuls of MiraLAX powder and two (2) 28-ounce bottles of sports drink into a container (pitcher).
 2. Stir the mixture well and place the pitcher into the refrigerator.
 3. At 5:00 p.m., remove the pitcher from the refrigerator and mix the prep solution well.
 4. Using a straw, drink one (1) glass of the solution every 10 minutes until it is gone.
- ☐ At 6:00 p.m., take two (2) Non-flavored or Peppermint chewable Simethicone soft gels - 125 mg (Gas-X SoftGels®) with a glass of water.
- ☐ Stay near a bathroom. In a few hours, you will begin to have many bowel movements.
- ☐ Before bed, add seven (7) capfuls of MiraLAX powder and the fifth (5) 28-ounce bottle of sports drink into the container (pitcher). Stir the mixture well and place the pitcher into 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

- ☐ **Do not eat any food today.** Drink only clear fluids and the MiraLAX prep.
- ☐ Follow your provider's instructions about your morning medicines and take them with a sip of water.

- ☐ **Five (5) hours before** your procedure: remove the pitcher from the refrigerator and mix the solution well.
- ☐ Using a straw, drink one (1) glass of the solution every 10 minutes until it is gone.
- ☐ **Four (4) hours before** your procedure: take two (2) Non-flavored or Peppermint chewable Simethicone soft gels - 125 mg 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.
- ☐ Do not wear perfume, cologne, lotion, or jewelry for your procedure. Leave all valuables at home.



MiraLax Extended Bowel Prep Frequently Asked Questions (FAQs)

If you have a **Pacemaker or Internal Defibrillator**, Bring your device information card to your anesthesia and procedure appointment. When you check in for your procedure, give the device card to your nurse.

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?

Contact your diabetes provider to ask how to adjust your medicine or insulin during your bowel 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.

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

If you follow each step in the prep, your colon will be clean. You are ready for your procedure 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 bowel 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 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.

Why do I have to complete a two-day bowel prep?

Your providers reviewed your medication list, health history, and prep results from your last colonoscopy. If you have a history of constipation or take a medication that may cause constipation, you will need more MiraLax to clean out your colon. If you had a colonoscopy before, your GI provider may have noted that you need a two-day prep for your next colonoscopy.

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 My Duke Health, select Digital Care to print your instructions, or call Duke GI for help.

Follow this list of low-fiber foods to eat FIVE (5) Days before your procedure.

Low Fiber Food Examples	Start your low-fiber diet FIVE (5) days before your procedure
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, and Peeled potatoes
Desserts without fruit	Plain Custard, pudding, ice cream, sherbet, or gelatin

Clear Liquid Fluids to drink during your bowel prep

You can drink any of these fluids (liquids) during your MiraLAX Extended 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 color)
- Boost® Breeze Tropical Juice drink (no red or purple color)