

# COLONOSCOPY PREP (SPLIT DOSE) INSTRUCTIONS

## SURGEON: AUSTIN GEORGE, MD

PROCEDURE DATE: \_\_\_\_\_

CHECK-IN TIME: \_\_\_\_\_

\*The check-in time may be given or changed by the facility the day before the procedure.

### THINGS TO BRING TO THE PROCEDURE:

1. PHOTO ID (Driver's License, Passport, etc.)
2. INSURANCE CARD
3. PAYMENT – Credit Card, Debit Card, or Cash
4. DRIVER to take you home

Contact Dr. George's scheduler or nurse at the office @ 316-263-0296 with any questions.

### MEDICATIONS & DRINKS TO PURCHASE (Generic is fine, no prescription needed)

1. **MiraLAX** powder (Polyethylene Glycol 3350) – **ONE** 8.3 oz (238 gram) bottle\*
2. **Gas-X** (Simethicone) – Six 125-250mg capsules
3. **Dulcolax** (Bisacodyl) – Six 5mg tablets
4. **64 oz (2L)** Gatorade/Powerade (recommend sugar free), Propel, Crystal Light, or water\*\*
5. **Do NOT** consume RED or PURPLE products.

\*Recommend buying 1 extra bottle of MiraLAX and liquid mixture in case more is needed.

\*\*If any problems with MiraLAX prep previously, we can send out a more expensive PRESCRIPTION prep to your pharmacy (Suprep, Suflave, or Sutab – pills only). If a history of nausea or vomiting with previous prep, ask my nurse to send Zofran ODT (Odansetron) to your pharmacy.

### Medications that may need to be HELD (Discuss with my staff regarding timing):

Weight loss meds (Ozempic, Wegovy, etc.), Pradaxa, Xarelto, Eliquis, Apixaban, Coumadin, Warfarin, Plavix, Clopidogrel, Effient, Prasugrel, Diabetic medications (hold day of procedure only), Iron, etc.

### STARTING 3 DAYS BEFORE PROCEDURE:

1. **AVOID: Corn, nuts, seeds, raw vegetables, peas, fruits with skin, fiber pills.**

### DAY BEFORE PROCEDURE:

1. **CLEAR LIQUID DIET** starting with breakfast and lasts ALL DAY, **NO** solid food until after the procedure. Clear liquids are typically "see through" or "water like". Avoid dairy products.
  - a. Ex: Water, clear sparkling water, 7-up, Sprite, apple juice, lemonade, Pedialyte, soda, Gatorade, Powerade, clear broth or bouillon, popsicles, tea, coffee, Ginger Ale, Mountain Dew, Fresca, Club Soda, etc.
2. Mix one bottle of **MiraLAX powder** (8.3oz, 238 grams) with **64 oz (2 Liters)** of Gatorade/Powerade (recommend sugar free), Propel, Crystal Light, or water.
  - a. Refrigerate solution or mix in ice.
  - b. The MiraLAX solution will induce diarrhea. Stay near a bathroom.

## FIRST PART OF BOWEL PREP:

START the bowel prep between 12:00 p.m. and 6:00 p.m. the afternoon before the procedure.

1. Take **2 Gas-X** (Simethicone) capsules.
2. Take **2 Dulcolax** (Bisacodyl) 5mg tablets with 8 oz of clear liquid.
3. Drink an 8 oz glass of the **MiraLAX mixture** every 30 minutes or less until you have consumed **48 oz** of the solution (1.5 liters or SIX 8 oz drinks). This should take 3 hours or less. There should be 16 oz of the MiraLAX mixture remaining for later.
4. Take **2 Gas-X** (Simethicone) capsules after completing 48 oz of the MiraLAX prep.
5. Take **2 Dulcolax** (Bisacodyl) 5mg tablets with 8 oz of clear liquid.
6. Continue to drink clear liquids until midnight. Drink plenty of water.
7. **NO FOOD OR DRINK AFTER MIDNIGHT EXCEPT FOR THE PREP or water.**

\*\*\*Two to four hours after completing the above prep you should have had numerous loose stools (diarrhea). **Stools should begin getting clear yellow-tinged (it will look like URINE).**

### Expected Stool Color Changes During Bowel Preparation



If you have a history of **POOR BOWEL PREP** or if the stools are still **NOT** clear yellow after the **FIRST PART** of the split prep then you need to proceed with the following **ADDITIONAL PREP** (You will need a **SECOND** bottle of MiraLAX).

1. Mix 1 capful of **MiraLAX** powder (17 grams) with 8 oz of refrigerated Gatorade/Powerade (recommend sugar free), Propel, Crystal Light, or water.
2. **Drink the 8 oz MiraLAX solution.**
3. Repeat steps 1 & 2 every 30 minutes until the stools are a clear, yellow-tinged fluid (pic above).

\*The stools must be **clear yellow** as to get adequate visualization for accurate diagnosis.

## SECOND PART OF BOWEL PREP:

CHECK IN TIME: \_\_\_\_\_

START 2<sup>ND</sup> part of the prep **6 HOURS** prior to CHECK IN. START 2<sup>nd</sup> Prep Time: \_\_\_\_\_

FINISH THE PREP AT LEAST 3 HOURS PRIOR TO CHECK IN TIME.

1. Take **2 Gas-X** (Simethicone) capsules.
2. Take **2 Dulcolax** (Bisacodyl) 5mg tablets with 8 oz of clear liquid.
3. Drink the remaining **16 oz** of the **MiraLAX** solution over 60 minutes or less.
4. **DO NOT EAT OR DRINK ANYTHING AFTER YOU HAVE COMPLETED THE PREP.**
5. Important medications may be taken with sips of water.