

## Clear Liquid Diet

You may have the following the day before your colonoscopy:

- Water
- Black coffee only (no CREAM)
- Tea
- Soft Drinks
- Gatorade (*no blue, red or purple*)
- Popsicles (*no blue, red or purple*)
- Broth-beef, chicken or vegetable
- Jell-O (*no blue, red or purple*)
- Juices (*white cranberry, white grape, apple*)
- Lemonade (*not pink and no pulp*)

## Helpful hints to prepare for your Colonoscopy

- **REMEMBER** - the goal of the prep is to get cleaned out. When the color of what you are passing is clear or cloudy yellow with some flecks, then you are clean. However, **you will still need to do the second dosing as directed**. If you are passing brown stool or brown water, then you may not be adequately prepared.
- If you have a history of constipation, begin Miralax 5 days before prep day.
- You may add Crystal Lite or Mio Liquid Water Enhancer for flavor when mixing the solution. No Blue, Red or Purple.
- To help with after taste, suck on a lemon drop or other hard candy or a fresh lemon or lime between glasses of the solution.
- Drinking prep solution with a straw
- Nausea may occur. Walking will help move the solution through the body. You may also increase the time between glasses to 20 minutes or longer if needed.
- It can be helpful to put Vaseline around the anal area to minimize irritation from frequent bowel movements.
- If you have any problems with the bowel preparation during the daytime, you may contact the office and speak with a nurse. If you have difficulty in the evening, you may call your local hospital and ask for the "on-call physician" for our office.

## Please take this appointment seriously!

The time you invest in preparing for your colonoscopy is critical for an effective and successful procedure.

Prep instructions as well as frequently asked questions are available online at [www.ncdhp.com](http://www.ncdhp.com)  
Click on Preps tab, then click on Carolina Mountain Gastroenterology Preps and Patient Forms.

*We understand that emergencies may arise; however, if you are planning on canceling your procedure, we ask that you do so at least five (5) days before so we can accommodate another patient. A cancellation fee will apply if you cancel within 24 hours of your procedure or you simply do not show up for the procedure.*

Revised 11/2020

## MiraLAX Prep Instructions



## Carolina Mountain Gastroenterology Endoscopy Center

For prep questions visit our website:  
[www.ncdhp.com](http://www.ncdhp.com)

**For questions between 8:00am – 5:00pm call:**  
CMG Endoscopy Center - 696-3099

**If you are calling after 5:00pm call:**  
Pardee Hospital - 696-1000  
AdventHealth Hospital - 684-8501  
Transylvania Regional Hospital - 884-9111

## **IMPORTANT**

For best results only follow instructions given by Carolina Mountain Gastroenterology. If instructions are not followed, procedure may be cancelled or rescheduled.

### **Blood thinners / Diet Medications**

Before holding any medications, a clearance will be obtained from prescribing physician prior to procedure.

**DO NOT stop these medications until directed by our office or prescribing physician.**

If directed to hold, follow below guidelines:

#### **Seven (7) days before your procedure**

- Hold Plavix, Brilinta and Effient, Ticlid-(10 days)
- Hold Phentermine, Adipex, Qsymia

#### **Three (3) days before your procedure**

- Hold Warfarin (Coumadin/Jantoven)
- Hold Bontril

#### **Two (2) days before your procedure**

- Hold Eliquis
- Hold Savaysa (Edoxaban)

#### **One (1) day before your procedure**

- Hold Xarelto/Arixtra and Pradaxa (may be 2 days depending on prescribing physician)

Ask your prescribing physician about taking a low dose Aspirin while holding these medications.

### **Diabetic Medications**

Please check with your prescribing physician on how to adjust your insulin.

#### **Three (3) days before your procedure**

- Hold Victoza or Byetta

#### **One (1) day before your procedure**

- Hold oral diabetic medication the night before and day of your procedure.
- Please check your blood sugar regularly during bowel prep and morning of procedure.

### **Buy these over the counter supplies:**

- ✓ 3 (17gram) doses of Miralax (individual packets or small bottle)
- ✓ 2 (238 gram) bottles of Miralax powder or generic polyethylene glycol.
- ✓ Two (2) 64oz bottles of Gatorade, Powerade, Crystal light or non-carbonated clear liquid with electrolyte supplement (no blue, red or purple colors). If you have Diabetes, you may use sugar-free liquids.

### **THREE (3) DAYS BEFORE PREP DAY**

- Drink one capful (17 gram) of Miralax (dissolved in 8oz of water) daily for 3 days until day before colonoscopy.
- No nuts, popcorn, corn kernels or seeds (examples: berry seeds, tomatoes, multigrain breads, etc...).
- Stop fiber supplements such as Metamucil, Fibercon, Citrucel, etc.
- Stop Iron, Fish Oil and Vitamin E.
- Stop NSAIDS (Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn), Celebrex and Mobic. You may take Tylenol during this time.

### **PLEASE NOTE:**

If you are having sedation you are required to have a driver with you. The driver must stay on site from check-in to the time you are discharged.

#### **No driver, no procedure.**

A taxi cab is only permitted if you are accompanied by a responsible adult that will be going home with you.

## **ONE (1) DAY BEFORE COLONOSCOPY**

- **NO SOLID FOOD TODAY**
- **CLEAR LIQUIDS ONLY TODAY**  
See back of brochure for list of clear liquids.
- Mix one 238g bottle of Miralax into a 64oz bottle of preferred purchased electrolyte liquid and shake well.
- Mix the second 238g bottle of Miralax into the second 64oz bottle of preferred purchased electrolyte liquid and shake well.
- 4:00 pm - Drink 8oz of Miralax solution every 15-20 minutes until you have drank one 64oz bottle and 1/2 of the second 64oz bottle. Save the remaining half of the second bottle for the next day.

### **THE DAY OF COLONOSCOPY**

- **NO SOLID FOOD TODAY; Water only up until four (4) hours before procedure.**
- If you take a daily Aspirin, please hold today
- Please take your daily medications with a sip of water 3 hours prior to procedure (except Blood thinners, diet pills, and diabetic meds).
- **If procedure at Carolina Mtn Gastro, AdventHealth or Transylvania:**
  - ✓ 4 hours before your Colonoscopy drink the remaining fluid of the Miralax solution within one hour. Finish 3 hours before procedure start time.
- **If procedure at Pardee Hospital:**  
**(Due to different anesthesia guidelines)**
  - ✓ 5 hours before your Colonoscopy drink the remaining Miralax solution within one hour. Finish 4 hours before procedure start time.
  - ✓ 4 hours before Colonoscopy – **NOTHING BY MOUTH:** Also avoid sips of water, hard candy/mints, gum or tobacco. This is to reduce the risk of complications with your breathing during the procedure.