

3-Day Colonoscopy Preparation GoLytely/Miralax

****Please read all of the following instructions for your colonoscopy prep at least 1-2 weeks prior to your procedure.**

Do not take this preparation if you have kidney disease, liver disease (cirrhosis), or heart failure.

WHAT IS A COLONOSCOPY: *The procedure consists of a fiberoptic scope that examines the interior portion of the bowel (large intestine). Images from the scope are transmitted to a monitor. An IV sedation will be given so patients are comfortable during the procedure. You will need to bring someone with you to stay for the procedure and drive you home.*

PREPARATION & REMINDERS

PURCHASE ITEMS FROM THE PHARMACY

1. GoLytely preparation (prescription).... Similar products (PEG 3350 & Gavilyte)

*****ALL SUBSTITUTES OF GOLYTELY MUST BE MIXED IN A (gallon or 4 liter or 128 ounce) CONTAINER. (GoLytely and substitutes of GoLytely should contain 236 grams of polyethylene glycol, 22.74 grams of sodium sulfate, 6.74 grams of sodium bicarbonate, 5.86 grams of sodium chloride, and 2.97 grams of potassium chloride.)**

2. MiraLAX (8oz bottle)
3. Four Biscacodyl 5mg tablets (Dulcolax)
4. 4 Simethicone/anti-gas chewables or soft gels (such as Gas-X or Simethicone)
5. Desitin or A&D ointment for a skin barrier (optional)

****Take a dose of MiraLAX at 8pm every night for seven days before the colonoscopy preparation****

TWO DAYS BEFORE THE COLONOSCOPY

1. Drink only **CLEAR LIQUIDS** the entire day. Clear liquids consist of water, juices without pulp, Gatorade, tea, black coffee, bouillon, broth, soda pop, plain Jell-O, or popsicles. **Do NOT consume any food, dairy products, or alcohol today. Do NOT drink any red, blue, or purple liquids.**
2. At **5 p.m.** take one 8oz bottle of Miralax mix with 32 oz of Powerade/Gatorade. Make sure to drink it completely over the next few hours.
3. Stay hydrated by drinking plenty of clear liquids until bedtime.

ONE DAY BEFORE THE COLONOSCOPY

1. Drink only **CLEAR LIQUIDS** the entire day. Clear liquids consist of water, juices without pulp, Gatorade, tea, black coffee, bouillon, broth, soda pop, plain Jell-O, or popsicles. **Do NOT consume any food, dairy products, or alcohol today. Do NOT drink any red, blue, or purple liquids.**
2. AT **5 p.m.** begin drinking the GoLytely solution as instructed:
8 oz. every 10 minutes until ¾ of the gallon container is empty.
3. At **7 p.m.** take 2 Simethicone/anti-gas chewables or soft gels with 8 ounces of water.
4. At **8 p.m.** take another 2 Simethicone chewables or soft gels with 8 ounces of water. Simethicone has been shown to increase your doctor's ability to find and remove small, precancerous polyps. Simethicone is a safe, over-the-counter medication you can take to improve the quality of your colonoscopy. Although optional, we would recommend taking it to improve the efficacy of your colonoscopy preparation.
5. At **9 p.m.**, take 2 more Dulcolax tablets
6. You will have consumed several glasses before having the first loose, watery bowel movement. Initially, you may experience some symptoms of cramping and bloating, but these symptoms will subside as you continue to have bowel movements.
7. Stay hydrated by drinking plenty of clear liquids until bedtime.

MORNING OF THE COLONOSCOPY

1. Clear liquid diet only.
2. **Six hours** before coming to the clinic, drink the remaining gallon of the GoLytely solution (8 oz. every 10 minutes) and 2-3 glasses of water. **NOTHING BY MOUTH AFTER THIS LAST DOSE.**
3. **Successful colon preparation** is the elimination of all stool and sediments from the bowel. The stool secretions should resemble a urine appearance.
4. You may take a small amount of water with any blood pressure or seizure medications **four hours** before arriving to your scheduled appointment. All other medications can be taken after the procedure. **All clear liquids should be stopped 4 hours before your appointment.**

PLEASE NOTIFY THE ENDOSCOPY DEPARTMENT

1. If you were unable to complete the colon preparation, we may need to reschedule your procedure.
2. If you have any questions regarding the colonoscopy preparation, call us at Revere Health Endoscopy Scheduling, 385-203-1150.