

## 2- Day Colonoscopy Preparation MiraLAX/GoLyteLy

**\*\*Please read all of the following instructions for your colon preparation 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 fiber optic scope that examines the interior portion of the bowel (large intestine). Images from the scope are transmitted to a monitor. A light sedation is 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

- **If you are taking any blood thinners, you must notify your primary doctor about our recommendations of not taking any blood thinners prior to the colonoscopy.** See attached list of blood thinner recommendations.
- A Low fat and low fiber diet for two days before the clear liquid diet is recommended.

### **PURCHASE ITEMS FROM THE PHARMACY/GROCERY STORE**

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 (8 oz. bottle) (non-prescription)
3. Second bottle of MiraLAX if experiencing constipation as mentioned above.
4. Gatorade, sports drink, or crystal light (64 oz. total, avoid red, blue, or purple)
5. Simethicone/anti-gas chewables or soft gels (such as Gas-X or Simethicone)
6. Four Biscacodyl 5mg tablets (non-prescription-Dulcolax)
7. Desitin or A&D ointment for a skin barrier (optional)

### **TWO (2) 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 solid food, dairy products, or alcohol today.**

**Do NOT drink any red, blue, or purple liquids.**

2. In the morning, prepare your MiraLAX solution by mixing the 8 oz. bottle of MiraLAX (14 doses) into 64 ounces of Gatorade, sports drink, or crystal light. Shake well and dissolve completely. Refrigerate the MiraLAX solution at this time. It will be important for you to drink plenty of clear liquids through the entire day.
3. At **5 p.m.** begin drinking the MiraLAX solution as directed: **8 oz. every 10-15 minutes until container is empty.**
4. You will have consumed several glasses before having your 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.
5. **Stay hydrated by drinking plenty of full liquids until bedtime.**

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

1. Drink only **CLEAR LIQUIDS** the entire day. **NO solid foods.**
2. In the morning, prepare your GoLyteLy Prep solution by filling (4 liters / 1 gallon) of tap water into the container. Shake well and refrigerate the solution at this time. You **MUST** mix the GoLyteLy solution with **tap water** but you can use any powder flavoring as long as it is not red, blue, or purple.
3. At **5 p.m.** begin drinking the GoLyteLy solution as directed, and take 2 Dulcolax tablets **8 oz. every 10-15 minutes until  $\frac{3}{4}$  of the container is gone**
4. At 7 p.m. take 2 Simethicone/anti-gas chewables or soft gels with 8 ounces of water.
5. 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.
6. At **9 p.m.**, take 2 more Dulcolax tablets
7. You will have consumed several glasses before having your 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.
8. **Stay hydrated by drinking plenty of clear liquids until bedtime.**

**MORNING OF THE COLONOSCOPY**

1. **Five hours** before coming to the appointment, finish the remaining **GoLyteLy solution (8 oz. every 10-15 minutes)**. Also drink 2-3 glasses of water.  
**NOTHING BY MOUTH AFTER THIS LAST DOSE.**
2. **Successful colon preparation** is the elimination of all stool and sediments from the bowel. The stool secretions should resemble a urine appearance.
3. 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**

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