

MaineGeneral Gastroenterology

Preparation for Colonoscopy with Split Prep MiraLAX® with Dulcolax®/Bisacodyl Tablets (PM Prep)

Do these things **seven days before** your procedure:

- **Please read through all of these instructions. Call our office if you have any questions or concerns.**
- Arrange a ride home. When you have your colonoscopy, you will be given medicine that makes you relax and feel sleepy. **You cannot drive until the following day after your procedure. If you come without a driver, your procedure will be rescheduled.**
- Stop taking iron, including multivitamins with iron.
- If you are taking blood thinners and have not been told whether to continue or stop taking them, please call 861-6500 and choose option 3.
- **Do not stop your aspirin regimen unless our office tells you to stop.**
- Buy one 238-gram bottle of MiraLAX® (255 gram is okay) and 4 tablets of Dulcolax®/Bisacodyl. You can buy these over the counter at any pharmacy.

Do these things **three days before** your procedure:

- Confirm your ride.
- If you need to reschedule or cancel your appointment, call 861-6500 and choose option 2.
- Follow a low-fiber diet. Examples of low-fiber foods are meat, white bread products and white rice. Do not eat seeds, popcorn, nuts, fresh fruit and raw vegetables. Drink at least 8 glasses of fluid throughout the day.

Do these things **two days before** your procedure:

- Along with the low-fiber diet, drink at least 8 glasses of fluid throughout the day.

Do these things **one day before** your procedure:

- You may have a light breakfast before 9 a.m. Examples of a light breakfast are; eggs, white toast, low-fiber cereal (such as Rice Krispies®), English muffins and plain bagels.

Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:
**MaineGeneral Endoscopy
Thayer Center for Health
149 North Street
Waterville, ME 04901**

- Begin a strict, clear liquid diet aiming for 10 ounces every hour from 9 a.m. to 9 p.m.
- A clear liquid can include: apple, white grape and cranberry juices; beef or chicken broth; tea and coffee without milk or cream; Gatorade®; Crystal Light®; water; and JELL-O (not red or orange).
- **If you are diabetic**, see reverse side of instructions.
- Mix the MiraLAX® powder in 64 ounces (8 cups) of Gatorade® or other clear liquid and refrigerate.

At 6 p.m. take 2 Dulcolax®/Bisacodyl tablets.

At 9 p.m. the night before your procedure, drink half of the MiraLAX® solution. Aim to drink the entire 32 ounces within one hour.

At 10 p.m. take 2 Dulcolax®/Bisacodyl tablets.

The laxative liquid will cause you to have many bowel movements. This will give you a clean colon for the procedure.

Do these things **the day of** your procedure:

- Drink the remaining 32 ounces of MiraLAX® at _____ (6 hours before your scheduled procedure time).
- Take your heart and blood pressure medications with a sip of water.
- You may have clear liquids up to three hours before your procedure.
- If you do not complete your prep, please call MaineGeneral Gastroenterology at 621-4600, option 3 before coming in for your procedure.
- Arrive one hour before your appointment.
- Don't forget you need a ride.

Guidelines for patients with diabetes on back

If you have problems with this preparation, call 861-6500 and choose option 3. If you call after hours, you will reach the answering service staff who will page the doctor on call.

Guidelines for Patients with Diabetes

Drink plenty of clear liquids that contain sugar.

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Check your blood sugar the morning of the procedure. If it is low, call Endoscopy at 861-6500. If you call before 8:30 a.m., the answering service will page the doctor on call for you.

If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS[®], Levemir[®] or your insulin pump.

If you use short- or medium-acting insulin:

- Cut back to half the usual dose the day before your procedure.

If you take oral agents (pills):

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.