

MaineGeneral Gastroenterology

Prep for Flexible Sigmoidoscopy with MiraLAX®

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

- Arrange a ride: If you have sedation, you will receive medicine that makes you relaxed and sleepy, so you cannot drive yourself home. If you arrive without a driver, your procedure will be rescheduled.
- Stop taking iron

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

- Confirm your ride.
- If you need to cancel your appointment, call 621-4600, option 2.
- Review the diet you need to follow for the next 3 days. Plan your meals according to the diet.

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

- Drink at least 8 glasses of fluid throughout the day.
- Stop eating seeds, popcorn, nuts and whole grains.

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

Fill a container with 64 ounces of Gatorade® (or other clear liquid). Add 238 grams of MiraLAX®. You can buy this over the counter at any pharmacy.

- You may eat a light breakfast and a light lunch.
- After lunch, begin a clear liquid diet.
- If you put a liquid in a clear glass and you can see through it, it is probably okay to drink.

Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:

**MaineGeneral Endoscopy
Alfond Center for Health, 2nd Floor
35 Medical Center Parkway
Augusta, ME 04330**

A clear liquid can include:

- Apple, white grape and cranberry juices
- Beef or chicken broths that are clear
- Tea and coffee without milk
- Clear sodas, Gatorade®, Kool-Aid and various JELL-O® flavors (any color except red or orange)
- **If you are diabetic**, see reverse side for instructions.
- Do not drink juices with pulp, milk and cream and do not eat solid food.
- At 6 p.m.: Start drinking the laxative liquid drink — one full glass every 15 minutes until the container is empty. Try to drink one full glass at a time instead of sipping.
- The laxative liquid will cause you to have many bowel movements. This ensures you will have a clean colon for the procedure. If you have problems completing this preparation, call 621-4600, option 3.

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

- Take your heart and blood medications with a sip of water.
- You may have clear liquids until 3 hours before the procedure.
- Arrive one hour before your appointment time.

Guidelines for patients with diabetes on back

If you have problems with this preparation, call 621-4600 and choose option 2. If you call after hours, you will reach the answering service staff who will advise you.

Guidelines for Patients with Diabetes

Drink plenty of clear liquids that contain sugar.

- 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 621-4600. If you call before 7:30 a.m., the answering service will page the doctor on call.

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.