

## PREPARING FOR YOUR COLONOSCOPY WITH MIRALAX GATORADE PREP

Purchase the following supplies at [www.mngi.com](http://www.mngi.com) and click on Purchase Prep Kit two weeks prior to your procedure. Gatorade is not included in the prep kit and must be purchased separately at a local grocery store.

### 2 - Bisacodyl tablets

(Dulcolax® laxative NOT Dulcolax® stool softener) each tablet contains 5 mg of bisacodyl

### 1 - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder

(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

### 64 oz. Gatorade® (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte or Propel® are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay. It is also okay to buy two 2.12 oz packets of powdered Gatorade that can be mixed with water to a total volume of 64 oz of liquid.

### 1 - 10 oz. bottle Magnesium Citrate (No red colored flavors)

It is also okay for you to use a 0.5 ounce package of powdered magnesium citrate (17 grams) mixed with 10 ounces of water.

**PREPARATION FOR COLONOSCOPY-** For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

### Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19 after you schedule this appointment, please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

### Transportation:

You must arrange for a responsible adult to escort you to your procedure and stay at our facility for the duration of your procedure. A taxi ride is not an option unless you are accompanied by a responsible adult. If you fail to arrange transportation with a responsible adult that can stay for the duration of your procedure, your procedure will be cancelled and rescheduled.

### 7 days before:

- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil and Fibercon.
- Confirm a driver for your procedure.

### 3 days before:

- Begin a Low-Fiber Diet. A low fiber diet helps make the cleanout more effective.
  - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
  - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.

For additional details on following a low fiber diet, please see <https://www.mngi.com/conditions/low-fiber-diet>

### **2 days before:**

- Continue Low Fiber Diet.
- Drink at least 8 glasses of water throughout the day.
- Stop eating solid foods at **11:45 pm.**

### **1 day before:**

- Begin Clear Liquid Diet (clear liquids include things you can see through).
  - Examples of a clear liquid diet include: water, up to one cup of black coffee or tea (no milk or cream) each day, clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O and popsicles.
  - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.
- **At noon:** Take 2 Bisacodyl (Dulcolax) tablets
- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 1 bottle of Miralax with 64 oz. of Gatorade in a large pitcher.

Drink 1 - 8 oz. glass of the Miralax/Gatorade solution.

Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

**Colon Cleansing Tips:** Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

### **Day of your procedure:**

You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, anti-seizure medications with sips of water **3 hours prior to your procedure or earlier.** If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. Avoid red liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco and illicit drugs. Use of these will result in your procedure being canceled.

- **4 hours prior to your procedure time** (Example: 3:30am for a 7:30am procedure)
  - Drink 10 oz magnesium citrate.
- **3 hours prior to your procedure time:** (Example: 4:30am for a 7:30am procedure)
  - STOP consuming all liquids.
  - Do not take anything by mouth during this time.
  - Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.

You are ready for the procedure if you followed all instructions and your stool is no longer formed, but clear or yellow liquid. If you are unsure whether your colon is clean, please call our office at 612-871-1145 before you leave for your appointment.

### **DESCRIPTION OF COLONOSCOPY**

**What is colonoscopy?**

Colonoscopy is the most accurate test to detect colon polyps and colon cancer, and the only test where polyps can be removed. During this procedure, a doctor examines the lining of your large intestine and rectum through a flexible tube called a colonoscope. The colonoscope is inserted into the anus and advanced slowly through the colon.

To produce the best results, you will drink a bowel cleansing preparation to help clean out your colon. Even if your stools are clear, it is important to take all of the colon prep as directed because your body is always making fluid and small polyps can hide behind this fluid.

**What happens during a colonoscopy?**

Plan to spend up to 2 hours at the endoscopy center the day of your colonoscopy. The procedure itself takes about 20 to 40 minutes to complete.

**Before the procedure:**

Your medical history will be reviewed with you by your health care team including a nurse, your gastroenterology physician and an anesthesia provider and an IV line will be placed.

**During the procedure:**

During your procedure the anesthesia provider will administer medications and monitor vital signs which is a process known as Monitored Anesthesia Care (MAC). While most patients sleep through the procedure, some remain awake and aware. The anesthesiologist and/or certified registered nurse anesthetist (CRNA) will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable. If abnormal tissue or polyps are found, the physician may remove them through the colonoscope for closer examination or biopsy.

**What happens after the procedure?**

The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for the colonoscopy. You may have some cramping or bloating after the procedure which is normal and should disappear quickly by passing gas. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results by mail or through the Patient Portal.

You may resume most of your regular activities the day after the procedure. However, medication given during the procedure will prohibit you from driving for the rest of the day. You are also advised to avoid air travel for 24 hours following your procedure. You may resume your normal diet, but alcohol should be avoided until the next day after your procedure.

**Are there possible complications with colonoscopy?**

Although serious complications are rare, any medical procedure has the potential for risks. Risks from the procedure include perforation, or a tear through the lining of the colon, bleeding from a biopsy site, reaction to medications, heart and lung problems, and dental or eye injuries.