

# Colonoscopy 2 Day Prep.

Split dose MiraLAX instructions.

## Location information

3800 Reservoir Rd. NW,  
Main Building, 2nd Floor, Room M2210  
Washington, DC 20007

For procedure questions call **202-444-8541**.  
To reschedule a procedure call **202-295-0570**.

Arrive 1 hour prior to your scheduled procedure time.

## Things to bring

- Referral (if applicable). Fax to **202-444-4211** prior to your procedure, if possible.
- Your current insurance card(s), co-pay (if applicable), and a government-issued picture ID.
- A list of ALL of your current medications and allergies.
- A copy of your most recent medical evaluation (if outside of MedStar Health).
- A copy of your EKG (if applicable).

## Important notes

Fax any required medical clearances to **877-303-1462** in advance of your procedure.

## Transportation

You should expect to spend up to 4 hours in our department on the day of your colonoscopy.

**You can not drive for the remainder of the procedure day.** Make arrangements for a responsible adult or medical transport to drive you home after your colonoscopy. They do not need to stay the duration of your procedure; they will receive a phone call when you are ready to go.

You may not use a bus, a taxi, or a ride share application (Uber, Lyft, etc.) without a responsible adult.

## Medications

If you are on **blood thinners** such as Coumadin or Plavix, insulin or other **diabetic** medications, please let us know and check with your prescribing physician for instructions.

## Questions? Nurse/Fellow contact

It is not uncommon for individuals to experience bloating or nausea when drinking the solution. If vomiting or other symptoms occur that concern you, please call:

**202-444-8541**, Monday through Friday, 8:30 a.m. to 5 p.m. and ask to speak to a nurse.

**202-444-7243**, Monday through Sunday, 5 p.m. to 8:30 a.m. and ask for the GI Fellow on call.

## 7 Days before your colonoscopy

Avoid eating corn, nuts, seeds, and popcorn. Stop taking iron supplements, if applicable. See attached low fiber diet recommendations.

Purchase the following from the pharmacy (no prescription needed):

- One bottle of MiraLAX (8.3 oz./238 g.)
- 4 Dulcolax Laxative tablets (5 mg)
- 64 oz. bottle of Gatorade (not red, purple or blue)
- 1 box of simethicone anti-gas chewables or soft gels (Gas-X, Mylanta Gas, Maalox Anti-Gas or similar product) **Note:** Consuming simethicone tablets aids in diminishing air bubbles within the GI tract, resulting in enhanced visibility during the procedure. It also helps one feel less bloated.
- One bottle of Magnesium Citrate (10 fl. oz.)

## 2 Days before your colonoscopy

- Follow a liquid diet consisting of soup, yogurt, juice, sorbet, Jell-O, etc.
- Drink one bottle of magnesium citrate at 6 p.m. (or when convenient for you in the evening)

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## Day before your colonoscopy— diet restrictions

Starting with breakfast, consume a clear liquid diet. This consists of liquids that you can see through such as Jell-O (yellow and green only) with no added toppings, water, clear broth, clear fruit juices without pulp (apple, lemonade, white grape), Sprite, ginger ale, tea or black coffee (without cream, milk or non-dairy creamer).

Drink plenty of water. Do not drink alcoholic beverages 24 hours before your procedure.

## Day before your colonoscopy— begin the prep (first half)

**Note:** once you start the prep continue to consume only clear liquids for the remainder of the day.

- Starting at 4 p.m.: Take 2 Dulcolax laxative tablets with **8 oz. of clear liquids**. Then, take 2 simethicone anti-gas chewables or soft gels (such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or similar product) with **8 oz. of water**.
- Starting at 6 p.m.: Mix the entire bottle of MiraLAX in the 64 oz. bottle of Gatorade. Shake well. Drink the prep at a rate of 8 oz. every 15 to 30 minutes (over 1 to 2 hours) until **HALF** of the bottle is finished. If you feel full/nauseated then slow down and finish before midnight.
- Starting at 8 p.m.: Take 2 Dulcolax laxative tablets with 8 oz. of clear liquid.

## Day of your colonoscopy— finish the prep (second half)

Continue to consume a clear liquid diet. Do not chew gum or suck on hard candy including mints and lozenges.

The second half of your bowel prep should be started at least 6 hours before your colonoscopy appointment time.

Six hours before your procedure time start the second half of the prep solution. Drink 8 oz. every 15 to 30 minutes until the solution is finished. **This must be finished within 2 hours.**

When the prep solution is finished take 2 more of the simethicone anti-gas tablets with a small sip of water.

This schedule may require you to wake up at an inconvenient time. However, this dosing schedule gives you the best prep outcome for the most successful procedure.

**It is very important that you finish all the remaining prep solution at least 4 hours before your scheduled procedure, and that you consume nothing (including clear liquids) after completing your prep.**

## Day of your colonoscopy— medications

Take your blood pressure and heart medications with a small sip of water at least 4 hours prior to your procedure time.

Any other medications will be held until after your procedure.

**It's how we  
treat people.**