Trinity Health Gastroenterology

Medical Arts Clinic 4th Floor
400 Burdick Expressway East
Minot, ND 58701
Call: 701-857-7437 or Toll Free 1-800-598-1205 Ext 7437

Colonoscopy Bowel Preparation Instructions

Gatorade or Crystal Light and Miralax Prep

5 Days Before the Procedure

- **If you take** Aggrenox (Aspirin/Dipyridamole), Aspirin, Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Pletal (Cilostazol), Pradaxa (Dabigatran), Savaysa (Edoxaban), or Xarelto (Rivaroxaban), call the prescribing physician for instructions about stopping this medication before your colonoscopy. It is not safe to stop these medications without your doctor's advice
- **Stop** taking NSAID medications (Nonsteroidal Anti-inflammatory Drugs) or Aspirin containing pain relievers, or similar drugs both prescription or over the counter until after the procedure unless directed otherwise by the physician that prescribed the medication for you. See NSAID List.
- Arrange for a responsible adult to drive you home from your procedure
  You will not be discharged alone
- **Do not** eat any peas, corn, peanuts, or nuts until after your procedure
- Avoid food that contains Olestra (an oil substitute)
- Obtain Plain or Aloe Baby wipes or A & D Ointment if needed for soreness
- Obtain your prep ingredient (Miralax) and 2 Dulcolax (bisacodyl) tablets at your pharmacy, over the counter.

1 Day Before the Procedure

- Begin a Clear Liquid Diet when you wake up - See Diet Sheet
- Do not drink any red or purple liquids
- No alcohol
- **No gum**
- Drink 4 large glasses of liquid throughout the day
- 2 pm: Take the 2 Dulcolax (bisacodyl) tablets
- 5:30 pm: Mix 64 ounces of Gatorade or Crystal Light (not red) with the 14 dose size container (8.3oz/238 grams) of Miralax laxative powder in a large pitcher.
- **Do Not** chill this prep. Drinking chilled prep solution may induce intestinal spasms causing cramping and nausea.

- Drink 8 ounces of the mixture every 10 minutes
- You may choose to drink the entire prep mixture the night before the procedure or split the prep by drinking half (32 ounces) the night before and the remaining half (32 ounces) 5 hours before your scheduled procedure.
- A split prep increases the cleaning of the colon by 93 to 97 percent. The first half is able to soften the harder debris and the second half is able to wash it away resulting in a cleaner colon. A clean colon is essential for visualizing and removing any polyps or flat lesions that may exist
- If you have diabetes take your medications as directed by your doctor
    - Insulin: _____
    - Oral Diabetes Medication:_____
- Check your blood sugar more often during the day. Treat low blood sugar with apple juice, regular soda pop or any clear liquid that contains sugar. You may suck on hard candy that is **not** sugar free to help maintain your blood sugar.

Day of the Procedure

- **5 hours before your procedure:** Drink the second half of the prep mixture if you split the prep. Your stool should be clear and watery
- **Do Not** eat or drink any other liquids after you finish the prep mixture
- **No Chewing Tobacco**
- Brush your teeth but **Do Not** swallow any water
- Take your routine morning medications (**except your oral diabetic medication**) with a sip of water
- Report to the Gastroenterology Clinic with your responsible adult
    - Medical Arts Clinic – 4th Floor – West Side – Second Desk
- Remember that a responsible adult must drive you home
- Plan to arrive a few minutes before you scheduled time. If you are scheduled at 7 am do not come before 6:50 am as the doors may not be unlocked
- If your procedure is in the morning, expect to be at the clinic for most of the morning
- If your procedure is in the afternoon, expect to be at the clinic for most the afternoon

- Call the number listed above (at the top) if you have any questions or need to reschedule your procedure