

# Patient Education

Digestive Disease Center



# Colonoscopy Preparation

*Miralax*

## Directions:

- To park, follow the signs for University of Washington Medical Center Emergency Room.
- At the fork, stay on your left to enter the Surgery Pavilion Parking Garage.
- Take the elevator to the 3rd floor.
- Turn right to the Digestive Disease Center.

Your appointment at the Digestive Disease Center, on the 3rd floor of the Surgery Pavilion, is on:

\_\_\_\_\_ at \_\_\_\_\_.

## Follow These Instructions to Prepare for Your Exam

5 days before your exam, \_\_\_\_\_:

- Stop taking blood-thinning medicines such as aspirin, Aleve, ibuprofen, Motrin, Naprosyn, or Clinoril. You can take Tylenol or acetaminophen.
- Stop taking iron or multivitamins that contain iron.
- Buy 4 Dulcolax tablets. They are an over-the-counter medicine you can find at any pharmacy or drug store.
- Fill the prescription for Miralax. Your prescription should be included with this handout.

The day before your exam, \_\_\_\_\_:

- Do not eat any solid food.
- Drink only clear fluids such as juice (apple, grape, or cranberry), broth, black coffee, tea, non-carbonated drinks, soda pop, or Jell-O (but not red or orange Jell-O).
- At 3 p.m., take 4 Dulcolax tablets.
- At 5 p.m., mix the whole bottle of Miralax (255gr) in one 32-oz. bottle of Gatorade. Drink one 8-oz. glass every 15 minutes.
- At 6 p.m., drink the second bottle of Gatorade (without Miralax) within 1 hour.
- This will cause diarrhea. Continue to drink clear liquids as you please.
- If you have any problem with this preparation, please call us.

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## Questions?

Your questions are important. Please call if you have questions or concerns.

Digestive Disease Center:  
206-598-4377  
Weekdays between  
8 a.m. and 5 p.m.

At any other time, call the paging operator at 206-598-6190 and ask for the gastroenterologist on call.

The day of your exam, \_\_\_\_\_:

- As soon as you get up, take all your morning medicines with 1 cup of water.
- You may have clear liquids until 3 hours before your exam. After this time, do not drink anything.
- Bring a list of all the medicines you take.
- Arrange for someone to take you home.
  - **You cannot drive yourself home.**
  - Your test may be cancelled if you arrive without a responsible adult to drive you home.
  - Your ride must be ready, at the time of your discharge, about 2 to 2½ hours after your exam.
  - **You cannot take a taxi or a bus,** unless you have a responsible adult to ride with you.

### Special instructions:

- If you have diabetes, your diabetes medicines need to be adjusted. Please get instructions from your doctor.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What to Expect

You are scheduled for a colonoscopy. This test allows your doctor to look at the lining of your large intestine. The doctor will use a flexible tube, about the size of your finger, which is placed in your rectum.

You will receive a sedative through your vein because you may have some cramping during the test. Most patients fall asleep during the test. Your doctor may take biopsies or remove polyps, but you will not feel this.

The exam takes about 45 minutes. Your appointment will last longer to allow for preparation and recovery. When you wake up after the exam, your doctor will discuss the results with you. If results are not ready, the doctor will tell you when you can expect to be contacted.

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### Digestive Disease Center

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