Two-Day Moviprep, MiraLax and Gatorade

Instructions for Your Colonoscopy

Please read these instructions carefully at least 7 days before your colonoscopy.

You must flush the bowel totally of waste so that the doctor can have a clear view and do a thorough exam. Without your efforts, we may have to repeat the exam.

Important: Follow these directions exactly and complete all steps before the exam.

Getting ready

☐ A nurse will call you 1 week before your exam. At this time, you may choose a pharmacy for pick-up of the Moviprep.

☐ You must arrange for an adult to drive you home after your exam. Your colonoscopy cannot be done unless you have proper transportation. If you need to use public transportation someone must ride with you.

☐ Check with your insurance company to be sure they will cover this exam.

☐ If you have advanced kidney disease or are on dialysis: please call the endoscopy center. We may need to change how you get ready for this exam.

7 days before the exam (Date) ___________

- Talk to your doctor: If you take blood-thinners (such as Coumadin, Plavix, Xarelto), your prescription or schedule may need to change before the test.

- Stop taking fiber supplements, multi-vitamins with iron, and medicines that contain iron.

- Continue taking prescribed aspirin; talk to your prescribing doctor with any concerns.

- Stop eating nuts and seeds. These can stay in the colon for days.

- If you have diabetes: Ask to have your exam early in the morning. Also, ask your doctor if you should change your diet or medicines.

Go to the drug store and buy:

- Moviprep
- Two (2) Dulcolax tablets
- One 8.3-ounce bottle of Miralax
- One 10-ounce bottle magnesium citrate
- One 64-ounce bottle of Gatorade (NOT powdered and no red or purple)
- 2 simethicone tablets.
2 days before exam \textit{(Date)}

- \textbf{Begin a low-fiber diet:} No raw fruits or vegetables, whole wheat, seeds, nuts, popcorn or other high-fiber foods (see list on page 3). No bulking agents: (bran, Metamucil, Fibercon) and no Olestra (a fat substitute).
- Drink at least 6 to 8 glasses of clear liquids during the day and evening. See \textbf{clear liquids} below.
- \textbf{At 12 noon:} take 2 Dulcolax tablets.
- \textbf{At 3 p.m.} mix the bottle of Miralax and 64 ounces of Gatorade in a pitcher. Drink one 8-ounce glass every 15 minutes until gone. Stay near a toilet while using this medicine. Besides diarrhea, you may have mild cramping or bloating.

One day before exam \textit{(Date)}

- \textbf{Begin clear liquid diet.}
- Drink at least 8 to 10 glasses of clear liquids during the day and evening.
- \textbf{At 3 p.m.} mix the first dose of Moviprep. Start drinking an 8-ounce glass every 10 to 15 minutes until gone. You may chill the solution.

Day of exam \textit{(Date)}

- \textbf{At 10 p.m.} start drinking the second dose of MoviPrep. Drink an 8-ounce glass every 10 to 15 minutes until gone.

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\begin{tabular}{|l|}
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Do not chew or swallow anything including water or gum for at least 2 hours before your colonoscopy. This is a safety issue, and we may need to cancel your exam if you do not observe this policy. \\
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- \textbf{4 to 6 hours before your exam:} drink the bottle of magnesium citrate and take two simethicone tablets.
- You may \textbf{drink clear liquids until 2 hours before your exam.}
- If you have asthma, bring your inhalers with you.
- Please arrive with an adult who can take you home \textbf{after the test:} The medicine will make you sleepy. If you do not have a driver, we may cancel your test.

**What are clear liquids?**

\textbf{You may have:}

- Water, tea, coffee (no cream)
- Soda pop, Gatorade (not red or purple)
- Clear nutrition drinks (Enlive, Resource Breeze)
- Jell-O, Popsicles (no milk or fruit pieces) or sorbet (not red or purple)
- Fat-free soup broth or bouillon
- Plain hard cand, such as clear life savers (not red or purple)
- Clear juices and fruit-flavored drinks such as apple juice, white grape juice, Hi-C and Kool-Aid (not red or purple)

\textbf{Do not have:}

- Milk or milk products such as ice cream, malts or shakes
- Red or purple drinks of any kind such as cranberry juice or grape juice. Avoid red or purple Jell-O, Popsicles, Kool-Aid, sorbet and candy
- Juices with pulp such as orange, grapefruit, pineapple or tomato juice
- Cream soups of any kind
- Alcohol
## Low-fiber Diet

<table>
<thead>
<tr>
<th></th>
<th>You can have</th>
<th>Do not have</th>
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<tbody>
<tr>
<td><strong>Starches</strong></td>
<td>White bread, rolls, biscuits, croissants, Melba toast, white flour tortillas,</td>
<td>Breads or rolls that contain nuts, seeds or fruit; whole wheat or whole grain breads that contain more than 1 gram of fiber per slice (check the nutrition facts label); cornbread; corn or whole wheat tortillas; potatoes with skin; brown rice, wild rice, kasha (buckwheat)</td>
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<td>white rice, noodles, pasta, macaroni; cooked and peeled potatoes; plain</td>
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<td>crackers, saltines; cooked farina or cream of rice; puffed rice, corn flakes,</td>
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<td>Rice Krispies, Special K</td>
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<td><strong>Vegetables</strong></td>
<td>Tender cooked and canned vegetables without seeds, including carrots,</td>
<td>Any raw or steamed vegetables; vegetables with seeds; corn in any form</td>
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<td>asparagus tips, green beans, wax beans, spinach; vegetable broths</td>
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<td><strong>Fruits and fruit juices</strong></td>
<td>Strained fruit juice, canned fruit without seeds or skin (not pineapple),</td>
<td>Prunes, prune juice, raisins and other dried fruits, berries and other fruits with seeds, canned pineapple; fresh or frozen fruits not listed on the left</td>
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<td>applesauce, pear sauce, ripe bananas, melons (not watermelon)</td>
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<td><strong>Milk products</strong></td>
<td>Milk (plain or flavored), cheese, cottage cheese, yogurt (no berries),</td>
<td>Any yogurt with nuts, seeds or berries</td>
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<td>custard, ice cream (no nuts)</td>
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<td><strong>Proteins</strong></td>
<td>Tender, well-cooked ground beef, lamb, veal, ham, pork, chicken, turkey,</td>
<td>Tough, fibrous meats with gristle; cooked dried beans, peas or lentils; crunchy peanut butter</td>
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<td>fish or organ meats; eggs; creamy peanut butter</td>
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<td><strong>Fats and condiments</strong></td>
<td>Margarine, butter, oils, mayonnaise, sour cream, salad dressing, plain</td>
<td>Pickles, olives, relish, horseradish; jam, marmalade, preserves</td>
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<td>gravy; spices, cooked herbs; sugar, clear jelly, honey, syrup</td>
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<td><strong>Snacks, sweets and drinks</strong></td>
<td>Pretzels, hard candy; plain cakes and cookies (no nuts or seeds); gelatin,</td>
<td>Popcorn, nuts, seeds, granola, coconut, candies made with nuts or seeds; all desserts that contain nuts, seeds, raisins and other dried fruits, coconut, whole grains or bran</td>
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<td></td>
<td>plain pudding, sherbet, Popsicles; coffee, tea, carbonated (“fizzy”) drinks</td>
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Your colonoscopy

What should I expect?

You will receive medicines through an IV to sedate you and make the exam more comfortable. After the exam, we will take you to a recovery room and watch you closely for about an hour.

How will I feel afterwards?

- **After sedation:** You may have slowed reaction time and poor judgment for 24 hours. Do not have anyone under your care that day. Avoid making important decisions or signing legal documents. Have a responsible adult stay with you the rest of the day. Do not drive for 24 hours.

- **Discomfort:** It is normal to feel bloated, or pass air. Walking will help relieve it. You may take a non-aspirin pain reliever containing acetaminophen, such as Tylenol. You may have some bleeding if a polyp was removed.

- **Medicines:** You may take your usual medicines unless your doctor says otherwise.

- **Activity:** Plan to rest when you go home. After 24 hours, return to regular activity when you feel ready.

- **Diet:** Follow your usual diet when you feel ready. Do not drink alcohol for 24 hours.

Test results

You will receive your results in 7 to 10 business days by phone, letter or MyChart.

Serious complications are rare. A tear in the lining of the colon would require surgery. Your care team will discuss possible risks with you before the exam.