

Colonoscopy Bowel Prep Instructions – Chelsea Hospital

MiraLAX®/Gatorade® 2-Day Prep

Refer to this instruction sheet for the entire week before your colonoscopy.

Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions exactly, your bowels may not be ready for your colonoscopy and you will need to repeat the procedure.

Planning for your colonoscopy

Please read this as soon as you get this information, and check off each box to show that you understand each item.

You must do a bowel prep.

- It is important to read this entire handout, buy your prep supplies, and follow the exact time schedule for your prep to make sure you are ready for your colonoscopy. If you have any questions on the bowel prep in this document, call the General Surgery Call Center at (734) 936-5738.

Gather your prep supplies.

- Pick up these supplies at your local pharmacy:
 - 6 Dulcolax® (bisacodyl) laxative tablets – each tablet contains 5 mg of bisacodyl. **Do not get Dulcolax® stool softener.**
 - 2 bottles of MiraLAX® (8.3 ounces or 238 grams each)
 - 4 bottles (32 ounces each) of Gatorade® or Powerade® that is not red or purple. If you have diabetes, you can try G2 Gatorade®, Gatorade® Zero, or Powerade® Zero.
- We recommend that you pick up your supplies at least 1 week before your procedure.

- You must have a driver with you at the procedure.**
 - You must have a driver who is **18 years or older** with you when you check in and when you leave your appointment. If you do not have a driver with you at check in, we will need to reschedule your appointment.
 - Your entire procedure may take 3-4 hours to complete. Please tell your driver that they must stay at the colonoscopy appointment during your entire visit.

- Please leave all jewelry and personal items at home.**
 - If you bring jewelry to your appointment, we may have to ask you to take it off.
 - **Please do not wear contact lenses.**

- If you have diabetes or take a blood thinner, you must contact your doctor.**
 - People with diabetes have special diet and medication instructions. Call the doctor who ordered your colonoscopy for your special diet and medication instructions.
 - If you take a blood thinner, such as Plavix[®], Pradaxa[®], Clopidogrel[®], Coumadin[®], warfarin, Effient[®], Prasugrel[®], Eliquis[®], Xarelto[®], or Lovenox[®], ask your prescribing healthcare provider for specific instructions. If you are unsure if you are taking blood thinners, contact your doctor.

- If you have an ostomy (colostomy or ileostomy), bring extra supplies with you for your procedure.**
 - We may need to remove your ostomy appliance for the procedure, and we may not have the correct appliance in supply to replace it. Bring your own supplies in case we need to change your appliance.

- Watch the video describing the risks and benefits of a colonoscopy.**
 - You can watch the video online at: bit.ly/MM-colonoscopy

- If you must cancel or reschedule your appointment, please call us as soon as possible at (734) 936-5738.

What are my instructions for preparing for my colonoscopy?

The timeline table below will help you figure out the days of the week for your prep. First, figure out what day of the week your appointment is. Then highlight or circle the correct row to see your other prep days.

- If you reschedule your appointment, you must redo the timeline table to match your new date.

My appointment is: _____
(Date, day, and time)

Timeline table:

| My appointment is on: | 7 days before is: | 4 days before is: | 3 days before is: | 2 days before is: | 1 day before is: |
|------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------|
| Monday | Monday | Thursday | Friday | Saturday | Sunday |
| Tuesday | Tuesday | Friday | Saturday | Sunday | Monday |
| Wednesday | Wednesday | Saturday | Sunday | Monday | Tuesday |
| Thursday | Thursday | Sunday | Monday | Tuesday | Wednesday |
| Friday | Friday | Monday | Tuesday | Wednesday | Thursday |
| Saturday | Saturday | Tuesday | Wednesday | Thursday | Friday |

Start your prep instructions as soon as you wake up on each day. Follow the instructions below carefully to ensure a successful procedure.

| | |
|---------------------------------------|--|
| 7 days before your colonoscopy | Day: _____ (Fill in the day according to the timeline table) |
|---------------------------------------|--|

- If you have not gotten a call from our staff to complete the screening process (checking that you received and understood these bowel prep instructions), please call (734) 936-5738. This must be completed at least 1 week before your colonoscopy.

Michigan Medicine Endoscopy at Chelsea Hospital
What are the Benefits, Risks, and Alternatives for a Colonoscopy?

- If you take aspirin, do not stop taking your aspirin. If you take NSAIDs, such as Advil[®], Motrin[®], Celebrex[®], or ibuprofen, you may continue to take them as usual.
- Stop taking iron supplements (ferrous sulfate or polysaccharide iron complex).
- Stop taking phentermine (Adipex-P[®], Lomaira[™], Fastin[®], Phentercot[®]) and phentermine and topiramate (Qsymia[®]). These are weight loss medications.
- If you take semaglutide (Ozempic[®], Wegovy[®]), dulaglutide (Trulicity[®]), tirzepatide (Mounjaro[®], Zepbound[™]), exenatide (Byetta[®], Bydureon[®]), liraglutide (Victoza[®]), or lixisenatide (Adlyxin[™]) once a week, stop taking it a week before your procedure.

| | |
|--|--|
| 4 days (96 hours) before your colonoscopy | Day: _____ (Fill in the day according to the timeline table) |
|--|--|

- **96 hours before your colonoscopy**, stop taking the following diabetic/weight loss medications: ertugliflozin (Steglatro[®]), ertugliflozin and metformin (Segluromet[™]), and ertugliflozin and sitagliptin (Steglujan[®]).
 - If you do not stop taking these medications exactly 96 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

| | |
|--|--|
| 3 days (72 hours) before your colonoscopy | Day: _____ (Fill in the day according to the timeline table) |
|--|--|

- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery.
- **72 hours before your colonoscopy**, stop taking the following diabetic/weight loss medications: empagliflozin (Jardiance[®]), dapagliflozin (Farxiga[®]), canagliflozin (Invokana[®]), dapagliflozin and

saxagliptin (Qtern®), dapagliflozin and metformin (Xigduo® XR), canagliflozin and metformin (Invokamet®, Invokamet® XR), empagliflozin and metformin (Synjardy®, Synjardy® XR), and empagliflozin and linagliptin (Glyxambi®).

- If you do not stop taking these medications exactly 72 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

| | |
|---------------------------------------|--|
| 2 days before your colonoscopy | Day: _____ (Fill in the day according to the timeline table) |
|---------------------------------------|--|



Stop eating solid food. Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. Look at the table below to check which liquids are allowed on a clear liquid diet.

| You may drink these liquids: | Do not drink these liquids: |
|---|---|
| <ul style="list-style-type: none"> • Water • Gatorade®, Pedialyte®, or Powerade® • Coffee or tea (without milk, cream, or non-dairy creamer) • Carbonated or non-carbonated soda • Fruit-flavored drinks • Apple juice, white cranberry juice, or white grape juice • Jell-O (gelatin) or popsicles • Broth | <ul style="list-style-type: none"> • Any red or purple liquids • Alcohol • Milk, cream, or non-dairy creamer • Juice with pulp • Any liquid you cannot see through |



At 1:00 PM, take 2 Dulcolax® tablets. Mix 64 ounces (oz) of Gatorade® or Powerade® with 8.3 oz of MiraLAX® and put it in the refrigerator to chill it (do not add ice).



Between 5:00 and 6:00 PM, you will start drinking half of your MiraLAX®/Gatorade® prep solution (you will drink the second half tomorrow). Drink one 8 oz glass of prep solution every 15 minutes until half of the prep solution (32 oz) is gone. It's helpful to set a timer for every 15 minutes to keep yourself drinking at the right pace.

| | |
|--------------------------------------|--|
| 1 day before your colonoscopy | Day: _____ (Fill in the day according to the timeline table) |
|--------------------------------------|--|



At 8:00 AM, start drinking the other half of your MiraLAX®/Gatorade® prep solution that you made yesterday. Drink one 8 oz glass of prep solution every 15 minutes until half of the prep solution (32 oz) is gone. It's helpful to set a timer for every 15 minutes to keep yourself drinking at the right pace.



At 1:00 PM, take 2 more Dulcolax® tablets. Mix the last 64 ounces (oz) of Gatorade® or Powerade® with 8.3 oz of MiraLAX® and put it in the refrigerator to chill it (do not add ice).



At 3:00 PM, you will start drinking the MiraLAX®/Gatorade® prep solution. Drink one 8 oz glass of prep solution every 15 minutes until all but 2 glasses (about 16 oz) are gone. It's helpful to set a timer for every 15 minutes to keep yourself drinking at the right pace. **Drink all but the last 2 glasses** (you will save this for 4-6 hours before your procedure).

- **At 5:00 PM**, take the last 2 Dulcolax® tablets with a large glass of water.
- Stay near a toilet. Drinking this prep will give you diarrhea, usually within 1 hour of starting.

| | |
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| The day of your colonoscopy | Day: _____ (Fill in the day according to the timeline table) |
|--|--|

- **Starting at 12:00 AM (midnight), don't eat any solid foods, broth, or Jell-O (gelatin).**
- If you take semaglutide (Rybelsus®) or liraglutide (Saxenda®) every day, do not take it on the day of your procedure.



4-6 hours before you leave to go to your colonoscopy

appointment: Drink the final 2 glasses of your prep solution. Drink one 8 oz glass of prep solution every 15 minutes until all of the prep solution is gone.

- You may take all your morning medicines (except for oral diabetes medicine) as usual with water **up to 4 hours before your appointment time** (unless you have been told otherwise). If you take diabetes medications, follow your doctor's instructions.
- **2 hours before your procedure**, stop chewing gum, stop smoking, and stop drinking all liquids.
- Bring a list of all your current medicines with you, including over-the-counter medicines.

If you followed all of the instructions, your stool (poop) will be a clear or yellow liquid and you are ready for your colonoscopy.

If your stool is formed or your prep is not going as expected, call (734) 936-5738. After business hours, on weekends, or holidays, call the paging operator at (734) 936-6267 and ask to speak with the Michigan Medicine General Surgery provider on call at Chelsea Hospital.

Colon cleansing tips:

- Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- If you have trouble drinking the prep solution, try drinking it through a straw.
- Rarely, people may have nausea or vomiting with the prep. If this happens, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- You may have bowel cramps until the stool has been flushed from your colon (this may take 2-4 hours and sometimes much longer).
- You may have anal skin irritation or a flare of hemorrhoid inflammation. If this happens, treat it with over-the-counter treatments, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Don't use products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

When should I call the call center?

If you have been sick and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-5738:

- Fever greater than 100.6° F
- Productive cough (your cough brings up a thick fluid)
- Diarrhea or vomiting (that is not related to taking the bowel prep)

→ Turn the page to learn about the benefits, risks, and alternatives for a colonoscopy.

What are the Benefits, Risks, and Alternatives for a Colonoscopy?

Before starting the procedure, a member of our team will ask you to sign a consent form. By signing this form, you are agreeing that we have given you information and you understand the procedure, its benefits and risks, and the alternatives (other options) for a colonoscopy. Read this handout or watch the video at: bit.ly/MM-colonoscopy to understand your informed consent.

What is the purpose of a colonoscopy?

A **colonoscopy** is a procedure in which a doctor puts a thin tube with a very small camera into the anus. This allows the doctor to look inside your rectum and colon. Colonoscopies can show irritated and swollen tissue, ulcers, polyps, and cancer.

What are the benefits of a colonoscopy?

Colonoscopy exams can find cancers at earlier stages, and **polyps** (bits of extra tissue) can be found and removed before they develop cancer. This greatly improves the chances for treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

What are the risks of a colonoscopy?

A study of colonoscopies found that between 4 and 8 people in 10,000 have a serious **complication** (medical problem) after a colonoscopy. Serious complications include:

- Bleeding
 - Most cases of bleeding occur in patients who have polyps removed. The risk is higher for polyps that are larger than 2 centimeters (cm).
- A tear or a hole, called a **perforation**, in the colon or rectum wall

- Infection
- **Aspiration** (accidentally breathing a substance into your lungs) that may lead to a lung infection (**pneumonia**)
- A reaction to the sedating medication, including breathing or heart problems

Risks are higher in people taking steroids or blood thinners, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be found.

What are the alternatives to a colonoscopy?

There are other tests that may find abnormalities in the colon and rectum. However, a colonoscopy is the only method that allows the doctor to take a tissue sample or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

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