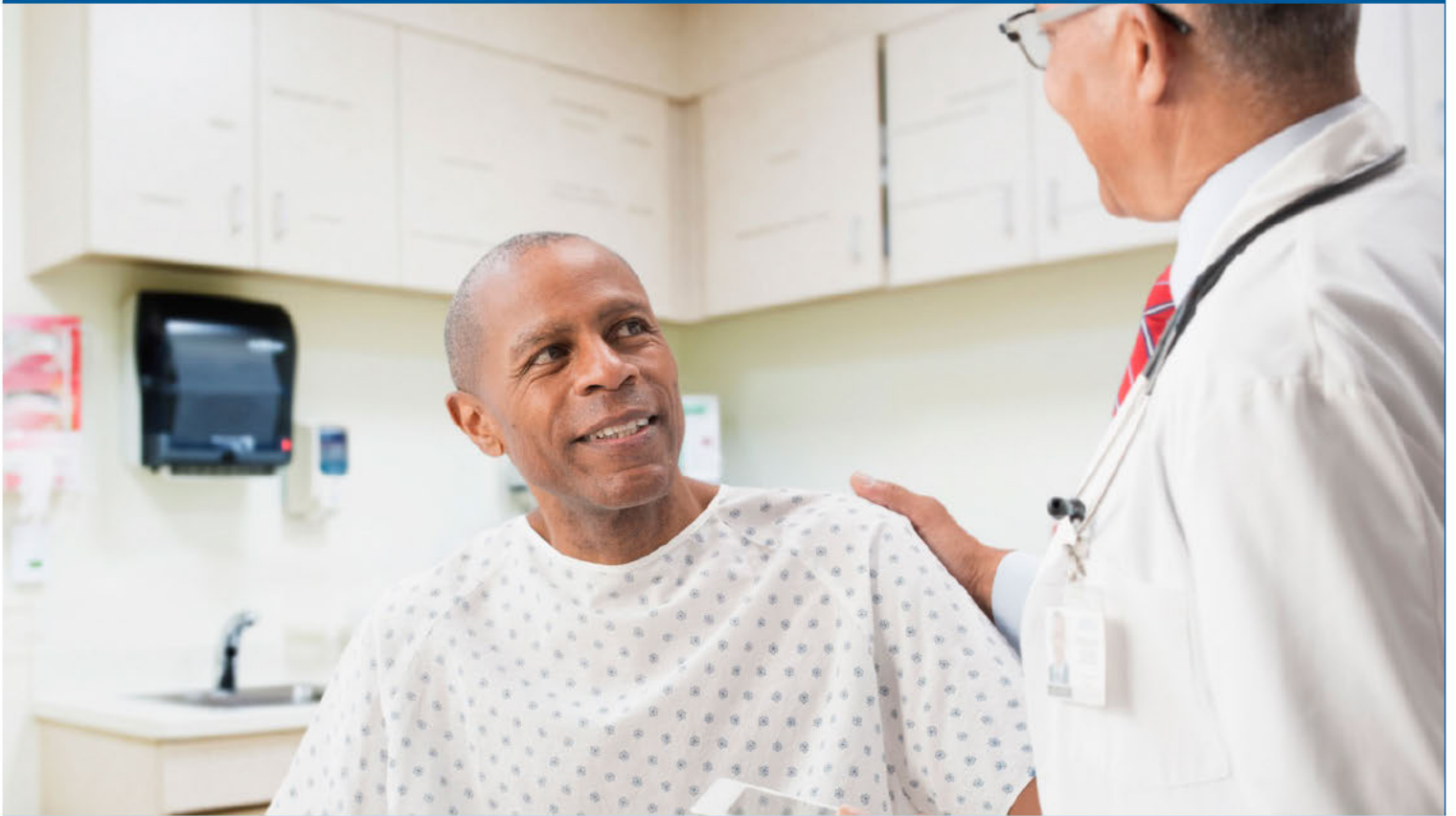


# Getting Ready for Your Colonoscopy



**MiraLAX Split – Bowel Prep Instructions**

THE PATIENT. ABOVE ALL ELSE.®



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## Colonoscopy Defined

A colonoscopy is a procedure that allows a doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope, a long, flexible tube with a light and camera at the end. During the procedure, your doctor will be able to find and remove any precancerous polyps and early colon cancers.

The day before the test you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the bowel prep directions is essential. Proper preparation is what makes it possible for your doctor to detect polyps and other abnormalities during the colonoscopy.

**Important: Make sure you carefully follow the bowel prep instructions. If you do not, and your bowel is not clean when you arrive for your colonoscopy, your procedure will be rescheduled. This is to avoid giving you an incomplete or poor examination.**

# Locations

Your colonoscopy can be scheduled at one of the following locations:



## **St. Luke's Building A**

Surgical & Procedural Care  
1015 E 1st Street  
Duluth, MN 55805



## **Fairview Range Medical Center**

Outpatient Surgery Center  
750 E 34th Street  
Hibbing, MN 55746



## **St. Luke's Medical Office Pavilion**

Outpatient Surgery Center  
920 E 1st Street  
Duluth, MN 55805



## **Lake View Hospital**

Outpatient Surgery Center  
325 11th Avenue  
Two Harbors, MN 55616



## **St. Luke's Mariner Medical Clinic**

Outpatient Surgery Center  
109 N 28th Street E  
Superior, WI 54880



## **Northern Lakes Surgery Center**

4791 County Road 10  
Moose Lake, MN 55767



## **Memorial Medical Center**

1615 Maple Lane  
Ashland, WI 54806

## **Questions?**

Call **218.249.7940**.

If you have **myCare Patient Portal**,  
you can message your provider.

# Making Arrangements

## Make transportation arrangements

You should not drive a car, operate machinery, or make legal decisions the day of your procedure. Arrange for an adult friend or family member, or a medical transport service to drive you home after your colonoscopy, as you will be drowsy from sedation and it is unsafe to drive. The staff must be able to contact whomever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.

## Talk to your primary care provider

Discuss the medications you're taking and any health conditions you have with your primary care provider. They will provide instructions for how to appropriately adjust your medications prior to your procedure.

Instructions may include the following:

- Stop medications that are used to stop diarrhea (i.e., Imodium, Kaopectate) or that contain iron 7 days prior to your procedure. For a list of other medications and supplements you should avoid, visit [slhduluth.com/AntiInflammatory](https://slhduluth.com/AntiInflammatory).
- You will need to temporarily discontinue blood thinners prior to your procedure. The length of time to stop your medication depends on the drug you are taking. Please consult your prescribing doctor. For a list of blood thinner medications, visit [slhduluth.com/BloodThinners](https://slhduluth.com/BloodThinners).
- If you are diabetic, your medications may need to be adjusted. Please consult your prescribing doctor. For a list of diabetic medications, visit [slhduluth.com/DiabeticMeds](https://slhduluth.com/DiabeticMeds).
- The morning of your procedure, you may take your usual medications (besides Lisinopril) with a small amount of water at least 3 hours prior to your procedure.
- Stop taking NSAIDS, including Advil, aspirin, Motrin and Aleve. If you have a history of heart disease, stents or stroke, do not stop your aspirin or Plavix.



# What To Expect During Your Bowel Prep

During your bowel prep, you can expect the following:

- **Significant diarrhea**

This means the medication is properly clearing stool from your colon. Plan to be near a bathroom while drinking the mixture.

- **Mild bloating and cramps**

Most people experience this. Drinking the mixture more slowly and over a longer period of time can help alleviate these symptoms.

- **Tea-colored, liquid stools**

A successful colon prep will cause you to have yellow or tea-colored liquid stools. Finish your preparation regardless of your stool color.

**The following items will be required:**

- Dulcolax tablets (5 milligrams each, you will need 4)
- MiraLAX (8 ounces)
- Sports drink (64 ounces, no red or purple flavors)
- Desitin or Vaseline (to protect the anal area, especially if you have hemorrhoids)

# Preparing For Your Colonoscopy

You will start preparing for your colonoscopy one week out. Follow these instructions:

**1 WEEK BEFORE: Medications.**

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Stop taking NSAIDS.**

Discontinue all NSAIDS, including Advil, aspirin, Motrin and Aleve. If you have a history of heart disease, stents or stroke, do not stop your aspirin or Plavix.

**5 DAYS BEFORE: Eat a low-fiber diet.**

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**A low-fiber diet limits high-fiber foods.**

**High-fiber foods to avoid:**

- Whole grain breads, oatmeal, cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Peppers (green, red, yellow, etc.)
- Beans
- Corn and popcorn

**Low-fiber foods you may eat:**

- Cream of wheat, grits, white rice, refined noodles
- Cooked or canned vegetables without seeds (i.e., asparagus, beets, carrots, green beans, mushrooms and potatoes without skin)
- Avocado, bananas, soft cantaloupe, honeydew
- Beef, chicken, eggs, fish, pork, tofu
- Butter, margarine, oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream (without nuts or seeds)
- Hard candy
- Popsicles
- Yogurt and cheese

For a comprehensive list of low-fiber foods, visit [slhduluth.com/LowFiberDietInstructions](http://slhduluth.com/LowFiberDietInstructions).

# Preparing For Your Colonoscopy

## 2 NIGHTS BEFORE: Prepare the MiraLAX mixture

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Mix the bottle of MiraLAX into 64 ounces of a sports drink (not red or purple). Shake until the MiraLAX is dissolved and refrigerate overnight.

## 1 DAY BEFORE: Eat a clear liquid diet. Take the Dulcolax and drink half of the MiraLAX mixture.

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**A clear liquid diet consists only of liquids that you would be able to read a newspaper through. Liquids cannot be red or purple, as these colors may mimic blood in the colon.**

A clear liquid diet includes:

- Water
- Clear fruit juices without pulp (i.e., apple, white grape, white cranberry, lemonade)
- Clear carbonated and non-carbonated soft drinks or sports drinks (not purple or red)
- Store-bought and 99% fat-free broth (chicken, beef, vegetable or bone broth)
- Popsicles (not purple or red)
- Gelatin (Jell-O) (not purple or red)
- Coffee or tea (without milk or cream)
- Ensure Clear Therapeutic Nutrition

For a full list of clear liquids, visit [slhduluth.com/LiquidDiet](http://slhduluth.com/LiquidDiet).

Drink at least 8 glasses of water throughout the day to stay hydrated.



Between 3 and 6 pm, take 4 Dulcolax tablets (20 milligrams total) with at least 8 ounces of water. Wait one hour.



Then, drink 8 ounces of the MiraLAX mixture every 20 minutes until the solution is half gone.



Refrigerate the remaining half. Drink an additional 16 ounces of any clear liquid (without MiraLAX) over the next 1-2 hours.





# Preparing For Your Colonoscopy

**6 – 8 HOURS BEFORE: Finish the MiraLAX mixture**

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Six to 8 hours before your check-in time, drink the remaining half of the MiraLAX mixture, followed by 16 ounces of clear liquids.



**3 HOURS BEFORE: Stop your clear liquid diet. You can not eat or drink anything**

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

You should not have anything to eat or drink 3 hours before your colonoscopy.

# ... What To Expect During and After Your Procedure ...

## During the procedure

A colonoscopy is performed in a hospital or surgical center. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, your doctor will gently insert the colonoscope into the rectum and guide it through the entire colon. Your doctor will take pictures and remove polyps along the way. The polyps will be sent to the lab for further testing. If a polyp cannot be removed, a sample may be taken. This is called a biopsy. A colonoscopy usually takes 15 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection and perforation. However, complications occur in only 1 out of 1,000 colonoscopies.

## After your colonoscopy

After your procedure, you will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is safe for you to leave, your driver will escort you home. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications, unless otherwise instructed.

## Questions?

Call **218.249.7940**. If you have [myCare Patient Portal](#), you can message your provider.