

Center for Care and Discovery (CCD), 7th Floor
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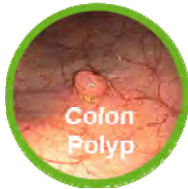
Basic Facts and How to Prepare MiraLAX Bowel Prep

Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States.

If you are 50 or older or have a family history of cancer, getting a colorectal screening can save your life. Here is how...

- Colorectal Cancer often starts from a non-cancerous growth called a polyp that is in the rectum or colon.
- A colonoscopy can find polyps so that they can be removed before they turn into cancer.
- A colonoscopy can also find colorectal cancer early when the chances of being cured is good.



What to Bring to Your Exam

- Completed health history form
- An adult (18 years or older) to drive you home. You cannot take a cab, medical transport or bus unless someone is riding with you after your visit
- Insurance card
- All medications you are taking even over the counter medications, vitamins and supplements

Preparing for Your Exam

The colon must be cleared of all solid matter so that the doctor can see clearly.

If your colon is not clean your exam may be cancelled.

You will need to purchase medications for your Bowel Prep at your local pharmacy. (See list at the top of page 2.)



Medications

Call your doctor for medication instructions at least **one week before** your exam if you:

- Take Diabetes Medication
- Have a heart valve replacement
- Take Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications

Arrive to your exam 1 hour before the appointment time

Online Driving Directions: <http://www.uchospitals.edu/visitor/directions>

5 Days Before Exam

- Review Bowel Prep instructions
- Buy an 8.3oz bottle of MiraLAX (238 grams), Glycolax or PEG 3350 (generic)
- Buy 64 ounces of Gatorade or other sports drink (not red or purple color)
- Buy Bisacodyl 5mg (Dulcolax laxative tablets)

3 Days Before Exam

- Start a Low Residue Diet (see instruction sheet)
- **Stop** iron and fiber supplements
- Plan your ride home

2 Days Before Exam

- Stay on your Low Residue Diet

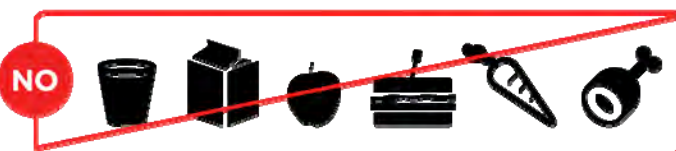
The Day Before Exam

Begin Clear Liquid Diet in the Morning

- Drink 8 glasses of water or clear liquids during the entire day.



- **Do not** have any solid food.
- **Do not** have any red or purple liquids.
- You can drink clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can also have hard candy.



3 Hours Before Exam: Do Not Eat or Drink Anything.
Your exam may be cancelled if you eat or drink anything.

The Day Before Exam

At 12 Noon:

- Take 2 Bisacodyl tablets (Dulcolax laxative)
- In a large pitcher mix the entire bottle of MiraLAX with the Gatorade. Cover and refrigerate.

At 6pm:

- Drink 1 cup (8 ounces) of the MiraLAX mixture every 15 minutes until half of the pitcher is finished.
- Cover and refrigerate the other half of the MiraLAX mixture. You will drink this tomorrow morning.
- If you throw up, wait 30 minutes and begin drinking $\frac{3}{4}$ of a cup (6 ounces) every 15 minutes until half of the mixture is finished.

5 to 6 Hours Before Exam

- Take your doctor approved medication.
- It is okay to take aspirin, blood pressure medication, prednisone or other steroids.
- **Drink the rest of the MiraLAX mixture (half bottle). Drink 1 cup (8 ounces) every 10 minutes until the pitcher is finished. Finish the mixture within 2 hours after you start drinking it.**
- Do not skip this step. It is important to get the cleanest colon for a successful exam.
- **Continue clear liquid diet until 3 hours before your appointment time.**
- You may have to wake up very early if your exam is in the morning.
- Your stool should be a clear yellow liquid.

Clear Liquid Diet and Bowel Prep Tips

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**It is important that you complete ALL of your bowel prep solution.
Your procedure may be cancelled if your colon
is not clean or if eat or drink anything you should not have.**

Examples of things in a Clear Liquid Diet

- Water
- Chicken or beef broth
- Tea and coffee (no cream or dairy products)
- **Do not have any liquids that are red or purple**
- Jell-O without fruit
- Gatorade or other sports drinks (no “energy” drinks)
- Kool-Aid or Crystal Light
- Soft drinks (7Up, ginger ale)
- Juice (apple, white grape, white cranberry)
- Popsicles (no sherbet or fruit bars or chunks of fruit)
- Fruit Ices, Italian Ice

Tips on Drinking Bowel Prep

- Bowel prep solution often tastes better cold or chilled.
- Drink all of the dose quickly, instead of sipping over long periods of time
- Try drinking the bowel prep solution with a straw
- Rinse your mouth with water, clear soda or mouthwash after drinking prep.
- Suck on hard candy or lollipops (NOT red or purple in color)

If you are not sure what foods or liquids you can or cannot have, talk with your doctor. **Call Gastroenterology at (773) 702-8402.**

Low-Residue Diet

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Start a low-residue diet 3 days before your exam. A low-residue diet limits fiber and other foods that cause food to move through you more quickly.

Low-residue foods reduce the size of your stool and how often you have a bowel movement. This makes it easier to examine your colon during the colonoscopy. Low-residue foods may also help reduce diarrhea and abdominal cramping.

Food Group	Foods You Can Have	Foods You Cannot Have
<p>Milk and Dairy</p>		<ul style="list-style-type: none">• Ice cream with nuts or seeds• Cheese with nuts or seeds• Ice cream• Cow's milk• Yogurt or fruited yogurt• Cheese• Cream
<p>Drinks</p> 	<ul style="list-style-type: none">• Bottled water• Coffee and tea (no cream or milk)• Carbonated beverages• Apple juice• White grape juice• Tomato juice• Fruit drinks (no pulp and not red or purple in color)• Kool-Aid or Hi-C (not red or purple in color)• Gatorade or Powerade• Crystal light (not red or purple in color)	<ul style="list-style-type: none">• Any drink with pulp or seeds, such as orange or grapefruit juice.• Prune juice• Nutritional supplements with fiber



Low-Residue Diet

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Food Group	Foods You Can Have	Foods You Cannot Have
<p data-bbox="162 441 357 661">Breads, Cereals, and Starches</p>    	<ul data-bbox="438 441 941 1228" style="list-style-type: none">• Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins (no nuts or berries), crackers, pancakes, waffles, or pastry• Refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn Chex, Rice Chex, Cornflakes, Rice Krispies, Special K• Potato (without skin)• Sweet potato (without skin)• White rice• Refined pasta	<ul data-bbox="990 441 1485 1417" style="list-style-type: none">• Whole grain breads, cereals, and pasta• Oatmeal• Granola• Any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit either on top or within product (such as bagels with seeds)• Corn bread• Graham crackers• Brown rice or wild rice• Wheat germ• Bran• Sprouted wheat• Barley• Potato skins






Low-Residue Diet

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Food Group	Foods You Can Have	Foods You Cannot Have
<p data-bbox="224 432 354 474">Fruits</p>  	<ul data-bbox="505 432 943 779" style="list-style-type: none">• Canned or cooked fruit without skins or seeds (peaches, pears, apricots, and apples)• Applesauce• Ripe banana• Jellied cranberry sauce	<ul data-bbox="1024 432 1430 957" style="list-style-type: none">• Raw fruit (bananas are okay)• Canned pineapple, oranges, grapefruit sections, mixed fruit• Dried fruit• All berries and melons• Whole cranberry sauce• Avocado• Coconut
<p data-bbox="164 1031 415 1073">Vegetables</p>   	<ul data-bbox="505 1031 943 1409" style="list-style-type: none">• Tender and well-cooked fresh, canned, and frozen vegetables without seeds. (peeled carrots, green beans, and beets)• Strained vegetable juice• Strained tomato sauce (remove pulp and seeds)	<ul data-bbox="1024 1031 1463 1850" style="list-style-type: none">• ALL raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, or scallions.• Vegetables with seeds• Tough, fibrous cooked vegetables such as: artichokes, asparagus, broad beans, broccoli, Brussel sprouts, cabbage, cauliflower, celery, corn, cucumber, eggplant, mushrooms, onion, peas (green peas), peppers, sauerkraut, spinach, tomatoes, summer squash, winter squash, zucchini.



Low-Residue Diet

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Food Group	Foods You Can Have	Foods You Cannot Have
<p data-bbox="138 430 495 535">Meats and Meat Substitutes</p> 	<ul data-bbox="552 430 998 1144" style="list-style-type: none">• Cooked, tender fish, poultry, beef, lamb, pork, ham, and veal• Eggs• Tofu• Tuna fish• Smooth peanut butter and other smooth nut butters• Hot dogs (only if you take the skin off)• Sausage patties or breakfast sausage without the skin	<ul data-bbox="1055 430 1485 1102" style="list-style-type: none">• Non-tender meats such as steak with bones or pork chops• Gristle• Hot dogs with skin on• Salami, cold cuts• Meat substitutes made with whole grains, nuts, or seeds• Dried beans, peas, lentils• Crunchy-style peanut butter and other crunchy nut butters
<p data-bbox="251 1312 381 1365">Other</p> 	<ul data-bbox="552 1312 966 1795" style="list-style-type: none">• Salt and sugar• Ground or flaked herbs and spices• Vinegar• Ketchup and mustard• Soy sauce• Jelly (no red or purple jelly and no jam or preserves)	<ul data-bbox="1055 1312 1388 1732" style="list-style-type: none">• Pepper• Seed spices• Seeds and nuts• Coconut• Popcorn• Jams or preserves• Pickles and olives