

COLONOSCOPY with SPLIT MIRALAX PREP

Your Colonoscopy is scheduled for _____
at _____ am/pm; _____ arrival with Dr. Jamidar/ Dr. Aslanian/ Dr. Farrell at the
Yale Center for Advanced Endoscopy on Smilow 4.

You will need to purchase:

- (4) Dulcolax oral tablets 5 mg each (NOT suppositories)
- (1) bottle of Miralax 238 grams total

One WEEK Before Your Colonoscopy:

- * Stay hydrated- try to drink at least 64oz. of non-caffeinated fluid each day.
- * Avoid iron, aspirin, ibuprofen, Advil, Motrin and Aleve, Vitamin E and fiber supplements.
- * Call us if you have **chronic constipation, kidney problems, heart or lung problems**. We may need recent tests from your heart or lung doctors or you may need to see the doctor before your procedure.
- * Call us if you take **blood thinners** such as aspirin, Plavix or warfarin (Coumadin) or **diabetes medications**- these may need to be adjusted before your procedure.

One DAY Before Your Colonoscopy:

1. Starting with breakfast, consume only clear liquids (NO SOLID FOOD).
2. Mix the entire 238 gram bottle of Miralax with 64 oz. of clear liquid (Gatorade works well). Thoroughly shake the 64 oz. Miralax Solution and refrigerate for later use.
3. At 3pm, take 2 Dulcolax oral tablets with 8 oz. water.
4. At 5pm, begin to drink the Miralax Solution. Try to drink 8 oz. every 15-30 minutes until you have consumed 32 oz. (half of the 64 oz. solution) over approximately 2 hrs.
5. Loose, watery bowel movements should start after about 1-1.5 hrs.
6. Continue to drink clear liquids until bedtime and during night. Please expect that you will be up at night having bowel movements, unfortunately there is no way to avoid this.

The DAY of Your Colonoscopy:

1. At 5am, take the last 2 Dulcolax oral tablets & drink the last 32oz of Miralax solution.
2. You must finish drinking the solution before 6am.
3. From 6am until your Colonoscopy, you should have nothing by mouth including gum/candy or cigarettes.
4. Validated Parking is available at the Smilow Cancer Hospital Valet Service.

AFTER your Colonoscopy:

1. A companion must drive you home, as the sedation affects your reflexes and judgments.
2. For the rest of the day, you should not operate any vehicle /heavy machinery or make important decisions due to the sedation. We recommend resting quietly.
3. If you have increased pain, rectal bleeding, tarry stools, vomiting blood, fever or chills please call Drs. Jamidar/ Aslanian/ Dr. Farrell immediately at 203-200-5083.
4. Remember to continue drinking liquids. Once you feel awake enough to swallow safely, try to drink at least 32 oz. of clear liquid in the 8 hours following your Colonoscopy.



Examples of Acceptable Clear Liquids:

- *Clear fruit juices without pulp such as apple juice.
- *Coffee, tea (hot or cold-but without cream)
- *Non carbonated drinks: Kool-Aid, Crystal Light, flavored water, Gatorade, Powerade, water
- *Carbonated clear sodas: Sprite, ginger ale, seltzer (though these may make you feel bloated)
- *Clear broth, bouillon, fat free consommé
- *Fruit ices (without chunks of fruit), popsicles made from clear juices
- *Jello (not red or purple), clear hard candy

Hints to make your Prep/Colonoscopy most successful:

- *Try to remain close to a bathroom once you have begun your prep.
- *Keep your Miralax Solution well-shaken and well-chilled.
- *Keep plenty of clear liquids on hand to drink. Water gets boring and you need to stay hydrated.
- *To reduce anal discomfort, use adult wet wipes or water spray to clean instead of toilet paper.
- *A good prep will cleanse your bowels until your bowel movements are fairly formless, clear and watery- almost like urine- if this is not occurring and solid stool is still passing, let us know.
- *A good prep will have you up at night still having bowel movements, this cannot be avoided. Please do not start or stop the prep early in an attempt to get more rest, this will likely result in a poor prep and the whole thing will have to be repeated.
- *If your prep is not good enough, the colonoscopy and prep will have to be repeated.

Following these instructions is very important; not doing so may result in delaying, rescheduling or canceling the procedure.

Drs. Jamidar, Aslanian & Farrell want you to have the best procedure experience possible.
Please call with any questions, concerns or problems.
M-F 8:30 am-4:30 pm at (203)200-5083

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