**Colonoscopy Prep Instructions**

**(Dulcolax/Miralax prep)**

You have scheduled a colonoscopy, which is an examination of your lower intestine (colon). In order to have a colonoscopy, you must have a clean colon. This allows a clear view of the lining of your colon (which is where polyps are found). The process of cleaning the colon is referred to as the “Prep.” We understand the personal nature of this test and want to assure you that if you follow these instructions carefully you will most likely be well-prepared for a successful procedure.

**Please notify Dr. Seizer if you take any of these medications:**

* Coumadin (warfarin), Plavix (clopidogrel), Ticlid, , Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), Savaysa (edoxaban), or Effient (prasugrel)

**Please notify Dr. Seizer if any of the following applies to you:** you have kidney failure, unstable angina, congestive heart failure, have had a recent heart attack, or experience problems/difficulty drinking large amounts of liquid.

**Please purchase**:

1. 4 Dulcolax Tablets (laxative-type, not stool softeners)
2. 1 Bottle of Miralax (8.3 ounces=238 grams)
3. One bottle of Magnesium Citrate (10 ounces) to have on hand (discussed below)
4. Aloe wet wipes/Desitin ointment
5. Clear beverages indicated in STEP 2 in order to properly administer Miralax medication

**Three days prior** to your colonoscopy:

1. Stop taking iron tablets (the amount in a multivitamin is not significant, and doesn’t need to be stopped)
2. Avoid seeds e.g., Poppy, Sesame, Caraway, etc., and fruits with skins

**STEP 1 – Stop Eating Food and Drink Clear Fluids**:

STOP EATING 24 HOURS BEFORE YOUR APPOINTMENT TIME. DRINK CLEAR LIQUIDS ONLY. Acceptable liquids include water, fat free broth, Gatorade, apple juice, white grape juice, Jell-O, popsicles without pulp, clear Italian ices, and coffee. Drinking a lot of fluids during the prep process is critical to maintaining your comfort, energy levels, and juices aid in administering the required prep medicine.

**Note**: Do not drink smoothies, juices with pulp (such as orange juice), or liquids you cannot see through, such as milk or cream. Please see the booklet for more information. However, despite what the booklet says, these instructions are the ones to follow, as you should have nothing by mouth for the 3 hours prior to the procedure, as discussed below.

**STEP 2 – First Laxative Medication Course**:

BEGIN THE FIRST LAXATIVE MEDICATION COURSE, AS FOLLOWS.

* At approximately 4 PM on the day prior to your colonoscopy, take 2 Dulcolax tablets.
* At approximately 5 PM on the day prior to your colonoscopy, mix half of the bottle of Miralax with 4 cups of a clear liquid such as Gatorade, lemonade, Crystal Light, or apple juice, then add ice if you’d like. Drink 8oz of the mixture every 15-20 minutes, until the mixture is gone.
* Once you start taking the Miralax mixture, make sure you’re near a restroom! Use the aloe wet wipes and Desitin ointment if you are sore with wiping. Many people do not see much output with this portion of the prep, but thing will likely change with the next step.

**STEP 3 – Second Laxative Medication Course**:

THE SECOND LAXATIVE MEDICATION COURSE IS IDENTICAL TO THE PREP STEP 2 ABOVE, HOWEVER THE TIMING DEPENDS ON YOUR PROCEDURE APPOINTMENT TIME, PROCEED AS FOLLOWS.

* **For Colonoscopy procedures scheduled *before* 9:30AM:**  Follow the same instructions in **STEP 2** above for 9:00 PM and 10:00 PM - the evening before your procedure. You may start the preparation later if you’d like, but the later you start the later you may be up that night using the toilet.
* **For Colonoscopy procedures scheduled at or *after* 9:30AM:**  Follow the same instructions in **STEP 2** above for five hours and four hours prior to your procedure so that you are finished drinking by 3 hours prior to your procedure.

**IF you are not seeing good clearing of the stool by 3-4 hours prior to the colonoscopy**, or you are not sure that it’ll be clear in time, then drink the bottle of Magnesium Citrate. If you do take it, be sure you have finished this by 3 hours before the procedure.

**STEP 4 – Stop All Prep Activities – Nothing by Mouth 3 Hours Prior to Procedure**:

**DO NOT DRINK (OR EAT) ANYTHING AT ALL FOR 3 HOURS PRIOR TO YOUR PROCEDURE** (despite what is written in the pamphlet). This is very important. Don’t even chew gum. You may brush your teeth! You may take medications with a small sip of water.

***You’ve done it; you’re ready. You’re through the hard part!***

**Frequently-asked Questions:**

***How do I know if my prep is adequate?***

The stool should be watery in consistency. It will not be clear in color like water since digestive juices will continue to tint the stool yellow (or green), and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question after the above recommendations, you can self-administer a Fleet or tap water enema prior to leaving home for the procedure, once you are within the three hours prior to the test.

***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, occasional abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

***What if I have other questions?***

**Call Dr. Seizer’s office** to address any other concerns at 310.829.8948—you can also e-mail Dr. Seizer through the Providence website (or at steven.seizer@providence.org)

**Medical Office Visit Basics:**

**Location for procedure:**

Endoscopy Center of Southern California

2336 Santa Monica Blvd., Suite 204

Santa Monica, California 90404

(p) 310-453-4477 (f) 310-453-4188

**Appointment Requirements:**The time you were given at Dr. Seizer’s office is the time to report to the Endoscopy Center. Bring your completed **Patient Information Sheet**, **driver’s license, and insurance cards** to the Center. Please bring a method of payment in the event there are any fees that need to be paid.

**What to Bring:**Although you will have a locker for your essentials, please leave your valuables, such as jewelry, at home. Please wear comfortable clothing and shoes or sandals that are easy to remove.

 **Getting Home:**

You **must** pre-arrange to have a person go home with you. At the time of your procedure, indicate who is going to pick you up and provide a phone number, we will make contact with your ride while you are in recovery to eliminate any inconveniences or wait times.

You **MAY NOT** drive, or go home alone in a taxi, Uber, or bus. If this procedure is not followed, your procedure will be cancelled.