

## Preparing for your colonoscopy with UVA Digestive Health

Thank you for choosing us to provide your care. Please follow the following guidelines and preparation instructions to help make for a successful experience.

- ❑ **IMPORTANT:** If you take medications for diabetes or are on medications that thin your blood (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox), please call the doctor that prescribes your medication at least two weeks before your procedure date for further instructions regarding possible medication changes for your upcoming colonoscopy.
  - If you take a daily aspirin, continue taking your aspirin.
- ❑ You **MUST** have a driver on the day of your procedure: As you will receive anesthesia medications on the day of your procedure, you must have a responsible adult **18 years or older** who can drive you home. For your safety, UVA Health recommends that this person stay with you for several hours after your procedure. You may not drive for 24 hours after your procedure
- ❑ **Visitors:** Please find the most up to date visitor information on the UVAHealth website <https://uvahealth.com/patients-visitors/visiting-patient>, or call us to ask if visitors are allowed at the time of your procedure (434) 924-9999.
- ❑ **Medication and allergy information:** Please bring a complete list of your current medications, their doses, and any allergies you may have.
- ❑ **Pacemaker or Internal Defibrillator:** Please bring your device information card with you.
- ❑ **CPAP Machine:** If you have sleep apnea and use a CPAP machine at home, please bring it with you even if you rarely use it. Ensure that all components, including the power cord, are included.
- ❑ **Personal belongings:** Please leave all jewelry and other valuables at home. Please do not wear contacts the day of your procedure. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.
- ❑ Please note that UVA performs colonoscopies at two locations. Please confirm your location by referring to your appointment reminder letter.

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. Please arrive 45 minutes prior to your appointment time. We ask for your patience and that you plan to be with us at least 2 to 3 hours.

If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 924-9999.

# MiraLAX® Bowel Preparation Instructions

Two weeks before your colonoscopy:

- You will need to purchase:
  - **One** 238gm/8.3 oz bottle of MiraLAX® (polyethylene glycol)
  - **Two** Dulcolax® (bisacodyl) 5mg laxative tablets
  - **One** 64oz bottle (or **two** 32 oz bottles) of Gatorade® , not red or purple in color
  - You should be able to purchase these items at any local pharmacy or grocery store.
- If you are on medications (other than aspirin) that thin your blood or if you take medications for diabetes, you will need to let your doctor that prescribes these medications know you are planning to have a colonoscopy and ask for instructions regarding this medication.

Five days before your colonoscopy:

- Start a low fiber diet (page 4)
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older drive you to and from your procedure.
- Have plenty of clear liquids available at home, (page 3).

One day before your colonoscopy:

- Drink only clear liquids all day (page 3). Do not eat solid foods or milk products. Drink 8oz (8 oz is equal to one measuring cup) of clear liquid every hour while awake, Gatorade® is preferred.
- In the morning, mix all of the MiraLAX® bottle into your 64oz bottle (or **two** 32 oz bottles) of Gatorade®, until dissolved and place in the refrigerator. You should not have any Miralax® left.
- At 4:00pm**, take **two** Dulcolax® (5mg each) laxative tablets with water.
- At 6:00pm**, begin drinking the first half of your 64oz bottle (or **one full** 32 oz bottle) of Gatorade®/MiraLAX® solution. Drink 8oz of solution every 15-30 minutes until the first half of the solution is finished.
- You must drink an additional 32oz of clear liquids over the next hour.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.

Day of your colonoscopy:

- Five hours before you leave home for your procedure**, begin drinking the second half of your Gatorade®/MiraLAX® solution. You will need to drink 8oz of prep solution every 15-30 minutes until it is finished. You may need to start in the middle of the night for an early morning procedure. Timing is essential.
- You must drink an additional 32oz of clear liquids over the next hour.
- 2 hours before your scheduled procedure time** stop drinking all liquids. If your procedure is at 8am, you should stop drinking by 6am.
- Complete all steps on page 1 and bring requested items to your procedure.
- Arrive 45 minutes before your scheduled appointment time** with a responsible adult who will be able to accompany you home.

## Frequently Asked Questions:

- **Why Is It Important To Get Cleaned Inside?** Your doctor must be able to see in order to complete the colonoscopy exam. If your colon has too much stool on the inside, your doctor may not be able to see important things like polyps or cancer.
- **Is My Prep Working?** The bowel movement coming out should look like fluids you are drinking – yellow, light, liquid, and clear (like urine) without many particles.
- **What are the effects of the “bowel prep?”** You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. Many people have bloating, abdominal discomfort, and/or nausea. This is uncomfortable and almost always safe. Some people do not like the taste or smell of the medicine. Please do not let these get in the way of you finishing the medicine as directed.

Rarely, some people throw up while taking the prep. If you throw up, stop taking the prep for 30-60 minutes, then try taking the prep again. If you are unable to finish the bowel prep, your colon may not be clean enough for your exam.

- **My prep hasn't started working yet. What do I do?** Different people respond differently to the bowel prep. If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluid. If that doesn't work, drink the second part of your prep and continue to drink fluids. It should work eventually. Call the UVA Endoscopy Unit at (434) 924-9999 on the morning of your procedure if the medicine is still not working.

## CLEAR LIQUID DIET

Change to this diet ONE DAY before your Colonoscopy. You will return to your regular diet after the procedure.

Drink	Do NOT drink
<ul style="list-style-type: none"> <li>• Water (plain, carbonated or flavored)</li> <li>• Fruit juices without pulp, such as apple or white grape juice</li> <li>• Fruit-flavored beverages, such as fruit punch or lemonade</li> <li>• Carbonated drinks, including dark sodas (cola and root beer)</li> <li>• Tea or coffee without milk or cream</li> <li>• Sports drinks (not red or purple)</li> <li>• Clear, fat-free broth (bouillon or consommé)</li> <li>• Honey or sugar</li> <li>• Ice pops without ANY milk, bits of fruit, seeds or nuts (not red or purple)</li> </ul>	<ul style="list-style-type: none"> <li>• Anything red or purple. These liquids can look like blood in the colon.</li> <li>• Milk</li> <li>• Artificial creamers</li> <li>• Fruit or vegetable smoothies</li> <li>• Gelatin (Jell-O)</li> <li>• Alcohol</li> </ul>

## LOW RESIDUE / LOW FIBER DIET

Start this diet FIVE DAYS before your Colonoscopy. You will return to your regular diet after the procedure.

FOODS TO EAT	FOODS TO AVOID:
<p><b>BREADS/GRAINS</b> Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles. Enriched white or light rye bread or rolls. Saltines, Melba toast Refined ready-to-eat cereals such as puffed rice and puffed wheat Cooked refined wheat, corn, or rice cereal Strained oatmeal, grits and farina Refined cold cereals made from rice, corn or oats (Rice Krispies, Cornflakes, Cheerios) White rice, refined pasta, macaroni, noodles</p> <p><b>VEGETABLES:</b> Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin)</p> <p><b>FRUITS:</b> Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas Strained fruit juice</p> <p><b>MILK/DAIRY:</b> Milk, mild cheese, cottage cheese Yogurt (no berries) Ice Cream (no fruit or nuts) *limit milk/milk products to 2 cups per day</p> <p><b>MEAT:</b> Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats, eggs Smooth peanut butter</p> <p><b>FAT/SNACKS:</b> Margarine, butter, vegetable oils, mayo, cream substitutes, Crisp bacon Plain gravies, and salad dressings Chocolate Broth, strained cream soups (no corn) made with allowed ingredients</p> <p><b>MISC:</b> Salt, soy sauce, ketchup Mild spices in moderation, white sauce Sugar, honey, jelly, syrup Lemon juice, vinegar, vanilla and other flavoring extracts Coffee, tea, carbonated beverages and fruit drink (without pulp)</p>	<p><b>BREADS/GRAINS</b> Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit Bran, barley, brown and wild rice</p> <p><b>VEGETABLES:</b> Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p> <p><b>FRUITS:</b> Raw or dried fruit, all berries, Prune juice</p> <p><b>MILK/DAIRY:</b> Yogurt containing fruit skins or seeds</p> <p><b>MEAT:</b> Tough fibrous meats with gristle, shellfish with tough connective tissue Meats prepared with whole-grain ingredients, seeds, or nuts Dry beans, legumes, peas and lentils Chunky peanut butter Raw clams and oysters</p> <p><b>FAT/SNACKS:</b> Any made with whole-grain flour, bran, nuts, seeds, coconut, or dried fruit Nuts, and popcorn Raisins, seeds, seed spices, pickles, olives, Spicy mustards, and relish Highly spiced salad dressings Jam or marmalade with nuts and seeds</p> <p><b>MISC:</b> Beverages and gelatins that are red or purple in color up to 24hrs. prior to procedure</p>