

Flexible Sigmoidoscopy Prep Instructions, MIRALAX

(generic: Polyethylene glycol 3350; clear lax, smooth lax)

You have been scheduled for a Flexible Sigmoidoscopy at UNC Health Care. Please read the following information carefully.

These instructions are for Miralax (lower volume) prep. These medications are all available over the counter.

Supplies needed for this prep:

- One 4.1 oz bottle of Miralax powder or generic equivalent (Clear Lax)
- One 8.3 oz bottle of Miralax powder or generic equivalent (Clear Lax)
- Two 5 mg Dulcolax (Bisacodyl) tablets (laxative)
- Four 125 mg Gas-Ex (Simethicone) tablets
- **96 ounces** of Gatorade, Powerade, or Pedialyte. (You can purchase three 28 ounce bottles and one 12 ounce bottle. 64 ounce bottles are also available) **You will need 96 ounces, total.**

Please **DO NOT** purchase red, blue, or purple. Glacier Cherry Frost (white), orange, yellow, and green are approved

*If you have Diabetes, please purchase Pedialyte, Gatorade Zero, or Powerade Zero.

If you are on a blood thinner (Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Effient, Pradaxa, etc.) our nurse should have contacted you with instructions for these medications. Check your Mychart. Call our nurse line with questions.

**** 2 DAYS BEFORE Flexible Sigmoidoscopy, at 6pm, take 2 Bisacodyl (Dulcolax) tablets with a glass of water.**

**** 1 DAY BEFORE Flexible Sigmoidoscopy: LIQUID DIET ALL DAY**

STOP the Following	APPROVED
<ul style="list-style-type: none"> - ALL SOLID FOOD - Alcohol, herbal teas - Regular nutritional shakes (e.g. Ensure, Boost) - All supplements (e.g., fiber, fish oil, Vitamin E, or iron) <p>*Do not eat solid food until after your procedure or you risk having your procedure cancelled*</p> <ul style="list-style-type: none"> - Take HALF DOSE of long-acting diabetes medication (e.g., Lantus, Basaglar, Levemir, Tresiba) 	<ul style="list-style-type: none"> - Water and clear liquids/broths, Black coffee/tea - Clear juices (e.g. apple or white grape), no pulp - Clear nutritional drinks (Ensure Clear or Boost Breeze) - Sodas, sports drinks (NOT red, blue, or purple) - Jello and popsicles (NOT red, blue, or purple) - Nonfat Greek yogurt (plain or vanilla- white flavors) - Nonfat pudding (vanilla or any white/light yellow pudding mix made with skim milk is ok)

THE DAY BEFORE FLEXIBLE SIGMOIDOSCOPY

1. **In the morning**, mix the **larger** container of Miralax powder (8.3 ounces) with **64 ounces** of Gatorade, Powerade, or Pedialyte. You can use a larger container to stir and dissolve the powder.
2. **AT 5:00PM: Take 2 Simethicone tablets (125 mg each) and drink the first portion of your prep solution** (64 ounces of Gatorade/Pedialyte mixed with 8.3 ounces of Miralax powder).
 - Drink one 8-ounce glass every 15-20 minutes as tolerated until you **finish the 64 ounces of prep solution (8 glasses)**
3. When you are finished, mix up the second portion of the prep for use in the morning. (32 ounces of Gatorade/Pedialyte and the smaller 4.1 ounce bottle of Miralax powder). ***NO BROTH OR DAIRY after midnight.***

THE DAY OF FLEXIBLE SIGMOIDOSCOPY:

1. **Take 2 Simethicone tablets (125 mg each) and drink the remaining 32 oz of prep solution.** Finish drinking the prep solution at least 2 hours before you leave home for the procedure.
2. **Review the medications that are safe to take the day of your procedure (see page 3).** Take approved medications at least 2 hours before your procedure time.
3. You can **only** have prep solution, black coffee/tea, water, sprite, ginger ale, or apple juice until 2 hours before your procedure.
4. **BEGINNING 2 HOURS BEFORE YOUR PROCEDURE, DO NOT DRINK ANYTHING. No gum, candy, or mints.**

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General Prep Information:

- If you are concerned about nausea/vomiting during prep, please contact your primary care doctor for an anti-nausea medication for use during prep.
- Drink plenty of fluids before starting the bowel prep since you can become dehydrated while prepping.
- **If you develop nausea or vomiting, stop taking the prep for 30 minutes and start again once you are feeling better.**

Prep Side Effects		
Normal	Abnormal	If you have abnormal side effects...
-Nausea/ Vomiting -Diarrhea -Bloating/cramps -Chills -Headache -Rectal irritation	-Skin rash or severe itching; hives -Painful abdominal distension	-Stop taking the prep -If after 4pm, call UNC at (984) 974-1000 and ask the operator to contact the "GI Fellow on Call." - If before 4pm, call the nurse triage line 984-974-5052. -For emergencies, call 911

For questions about medications, diet, or other concerns, **call our nurse line (984) 974-5052 Mon-Fri, 8am-4pm.** For non-urgent questions after hours, leave a message and a nurse will call you or send a Mychart message, within 2 business days.

If it is after hours or on the weekend and you have an urgent concern, **call the UNC operator (984) 974-1000 and ask to speak to the "GI Fellow on call."** **If it is an emergency, call 911.**

Transportation Reminder:

Unless you choose not to receive sedation during your procedure, **for your safety, we require that you have someone (18 years or older) accompany you to review and sign discharge instructions and see you safely back to your home.** You cannot drive yourself home after sedation.

If you do NOT have an adult with you/driver, your procedure will be rescheduled

Location Reminder:

We have three locations. You should have already received your appointment date, time, and location. See your MyChart message, or text us at 984-974-5050, for assistance. To set up MyChart or for help, call 888-996-2767.

- **GI Procedures Memorial Hospital (Basement Level)**
UNC Medical Center, 101 Manning Drive, Chapel Hill NC 27514 (Parking available in the Dogwood Parking Deck across the street. Valet parking is available in front of the hospital)
- **GI Procedures Hillsborough Campus (2nd Floor)**
UNC Hillsborough Campus, 460 Waterstone Drive, Hillsborough, NC 27278
- **GI Endoscopy Center Meadowmont (3rd Floor)**
UNC GI Endoscopy Center, 300 Meadowmont Village Circle, Suite 302, Chapel Hill, NC 27517

Your Medications

You may need to adjust your medications. See the below chart as a guide. Call our nurse line if you have any questions or concerns about your medications, (984) 974-5052.

MEDICATION	DAY BEFORE	DAY OF
Aspirin (81mg or 325mg)	Take as normal*	Take as normal*
“Over-The-Counter” Pain Medications (e.g., Ibuprofen, Aleve, Motrin, Tylenol)	Take as normal	Take as normal
Levothyroxine (Brand Name: Synthroid)	Take as normal	Take as normal
All Diet Supplements (e.g., fiber, fish oil, Vitamin E, or <u>anything with iron</u>)	Do NOT take	Do NOT take until after procedure
All Long Acting Diabetes (e.g., Lantus, Basaglar, Levemir, Tresiba)	Take ½ of your regular dose	Do NOT take until after procedure
All Short Acting Diabetes (e.g., Humulin, Humalog, Novolin, Novolog, Metformin, Glipizide, Jardiance, Farxiga)	Take as normal	Do NOT take until after procedure
Diuretics (“Water Pills”) (e.g., Lasix, Hydrochlorothiazide, Aldactone, Spironolactone)	Take as normal	Do NOT take until after procedure
These <i>Specific</i> Blood Pressure Medications: Lisinopril, Enalapril, Quinapril, Fosinopril, Captopril, Benazepril; Losartan, Valsartan, Azilsartan, Olmesartan, Candesartan, Eprosartan, Irbesartan, Telmisartan	Take as normal	Do NOT take until after procedure
Other Blood Pressure Medications (e.g., Metoprolol, Amlodipine, Carvedilol)	Take as normal	Take as normal
“Statins” (e.g., Atorvastatin, Pravastatin, Simvastatin)	Take as normal	Take as normal
Seizure Medications	Take as normal	Take as normal
Anti-anxiety, Anti-depression, Anti-psychotic Medications	Take as normal	Take as normal
Blood Thinners (e.g., Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Effient, Pradaxa)	If you are on a blood thinner, our nurse should have already contacted you. Call us with questions (984-974-5052).	

*Take Aspirin as normal unless specifically told otherwise by your doctor

Day Of Procedure Reminders

- **Arrive at your given arrival time.** If you are unsure of this time, call scheduling at **(984) 974-5050**. **If you have My Chart, this information would have been sent the day of scheduling the procedure. You will also receive text message reminders.**
- Anticipate spending on average 4-5 hours in our procedure unit.
- **Review your medications (see page 3) and bring a list of them to your procedure.**
- **Follow our diet and medication instructions, or your procedure may be cancelled.**
- After your procedure, our team will review the results of your procedure, observe you, and call your driver when you are ready to be discharged.
- Bring an adult driver (18 or older) who will take you home. **Your driver is required to stay nearby** (within 20 minutes of the procedure site) for the entire time, and sign you out after the procedure.
- If you have an ostomy, please bring a new set of supplies in case your ostomy needs to be changed.
- To cancel your procedure, please **text or call** (984) 974-5050.
- To reschedule your appointment, call (984) 974- 5050, and choose Option 1. When prompted again, choose Option 2.