



Colonoscopy Instructions, MIRALAX
(generic: Clear Lax or Polyethylene Glycol)
Colonoscopy Overview

The purpose of a colonoscopy is to look inside your large intestine (colon) for possible polyps, cancers, and other conditions. These instructions are for our Miralax prep (generic: Clear Lax), which will be sent to you by UNC Shared Services Pharmacy. **If you have not received it within one week of your procedure, please call our nurse line at (984) 974-5052. Plan to arrive ONE HOUR before your procedure time.**

Good prep includes the following:

A Driver

You may receive sedation medications during your procedure. For your safety, we require that you have someone (18 years or older) drive you home. **If you do NOT have a driver, your procedure will be rescheduled.**

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

- **GI Procedures Memorial Hospital** (Basement Level)
UNC Medical Center, 101 Manning Drive, Chapel Hill NC 27514
(Parking is available in the Dogwood Parking Deck across the street, and 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

Diet Changes and Bowel Preparation

This procedure requires diet changes that start three days before your procedure. We will also be sending you a prep solution that you will need to start one day before your procedure. All of this preparation will help the doctor see your colon. **A colon that is poorly “prepped” may cause us to reschedule your procedure.** We have included a calendar (“**Your Prep Calendar**,” pages 3-5) to assist you with planning your diet changes and bowel prep.

Review your Medications

You may need to take medications differently than you usually do. See page 2.

Scheduling

To cancel your procedure, please text (984) 974-5050. To reschedule your appointment, call (984) 974-5050, and choose Option 1. When prompted again, choose Option 2.

Nurse

To ask a question about your medications, diet or other concerns, call our nurse line at (984) 974-5052. The phone line is open Mon-Fri, 8am-4pm. If needed, please leave a message and a nurse will call you back as soon as possible. If it is **after hours or over the weekend** and you have an **urgent concern**, please call the UNC operator (984) 974-1000 and ask to speak to the “On-Call GI Fellow.” If it is an emergency, call 911.

Colonoscopy Instructions, MIRALAX
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 Categories	Day Before Colonoscopy	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 anything with iron)	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)	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 Specific 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.*

Four days before your procedure (Date: _____)

- Make sure you have the following, which will come from our UNC Shared Services Pharmacy along with a copy of these instructions:
 - 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 Bisacodyl tablets (laxative), and
 - Four 125 mg Simethicone tablets (anti-gas)
- You will also need to purchase THREE 32 oz bottles of Gatorade or Powerade. (If you have Diabetes, purchase Pedialyte, Powerade Zero, or Gatorade Zero.) Do NOT purchase red, blue or purple products. It is okay to have: orange, lemon-lime, and Gatorade Glacier Cherry (white color).
- Confirm your Driver (see page 1).

3 days before your procedure (Date: _____)

- Start your **LOW FIBER DIET**. Please review our **LOW FIBER DIET** options on page 6.
- Stop all fiber supplements** such as Metamucil or Citrucel.

2 days before your procedure (Date: _____)

- Continue your **LOW FIBER DIET** (page 5).
- Review your medications (page 2).

6:00 pm

- At 6 pm, take 10 mg of Bisacodyl (two 5 mg tablets) with a full glass of water.

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Colonoscopy Instructions, MIRALAX
Your Prep Calendar, part 2



1 day before your procedure (Date: _____)

- No solid food all day.** ** No matter what time your procedure is scheduled, you cannot eat for the entire day, or your procedure will not be completed. **

8:00 am

- Refrigerate the Gatorade (or Gatorade Zero, or equivalent)
- Change to a **LIQUID DIET.**

<i>What I can Eat/Drink on a Liquid Diet</i>	<i>What I need to AVOID</i>
Gelatin/Jell-O, but not red, blue or purple in color.	NO SOLID FOODS
Fat-free milk, fat-free vanilla pudding, fat-free yogurt (plain or vanilla flavors only, and Greek versions are okay)	
Fat-free, clear broth (strain all pulp and fat, no beans or veggies)	Do NOT drink anything with particles, oil or fat. Strain first.
Clear Liquids (nothing that is red, blue, or purple): water, sports drinks, sodas (Coke or Pepsi are okay), clear juice with no pulp, coffee and tea (sugar is okay), Italian ice	No red, blue, or purple drinks (e.g., sports drinks, sodas, juices)
	No orange or pineapple juice, or any juice with pulp

5:00 pm

- Take TWO Simethicone tablets (125 mg each).
- Mix the 8.3 bottle of Miralax (generic name: Clear Lax) with 64 oz of your Gatorade. Your Miralax is a powder. It should mix easily in an empty one-gallon container.
- Drink one 8-ounce glass every 15-20 minutes until you have finished the 64 ounces. If working properly, you will begin to have bowel movements within 4 hours.

<i>Normal Prep Side Effects</i>		<i>Abnormal Prep Side Effects</i>	
<i>Normal</i>	<i>What to Do</i>	<i>Abnormal</i>	<i>What to Do</i>
<ul style="list-style-type: none"> • Diarrhea • Bloating • Chills • Cramps • Nausea • Vomiting • Headache • Irritation of rectal area 	<ul style="list-style-type: none"> • Drink slower • Take breaks • Drink the mixture cold • Drink through a straw 	<ul style="list-style-type: none"> • Skin rash or itching • No bowel movements within 4 hours of finishing your evening prep 	<ul style="list-style-type: none"> • Stop taking Golytely • After 4pm, call UNC at (984) 974-1000. The operator will contact the "GI Fellow on Call." <p>For emergencies, call 911</p>

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The Day of your Procedure (Date: _____)

FOUR (4) Hours Before Your Procedure Time

- When you wake up, **STOP the LIQUID DIET**. You may only have: your Miralax/Gatorade solution, water, black coffee, or black tea (with or without sugar).
- Take any approved medications (see page 2) *at least* 2 hours before your procedure time.
- Take the remaining two Simethicone tablets (125 mg each).
- Mix the 4.1-ounce bottle of Miralax with the final 32 ounces of Gatorade. Drink one 8-ounce glass every 15-20 minutes. **Finish it no later than two hours before your procedure time**, or two hours before you get in the car to drive here (if you live a long distance away).

TWO (2) hours before your procedure time

- DO NOT eat or drink anything AT ALL within two hours of your procedure time (you should have finished your Miralax already).***



Reminders for Your Procedure Day

- Plan to **arrive** one hour before your procedure time. Be sure to come with an adult driver (18 or older) who will take you home. You should expect to spend up to 4 hours in our procedure unit.
- Please review your medications (see page 2) and bring a list of them to your procedure.
- If you have an ostomy, please bring a new set of supplies in case your ostomy needs to be changed.
- 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.
- 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.

LOW FIBER DIET		
What I can Eat/Drink		What to AVOID
Fruits	<ul style="list-style-type: none"> - Applesauce - canned or cooked fruit without skin or seeds (only peaches, pears, apricots, apples) - ripe bananas 	<ul style="list-style-type: none"> - All seeds in any fruit - All berries and all melons - Canned pineapple, oranges, grapefruit sections, mixed fruit - Raw fruit (ripe bananas are ok) - avocado, coconut, tomato
Vegetables	<ul style="list-style-type: none"> - Tender, well-cooked, fresh, canned, and frozen vegetables, such as: peeled carrots, green beans, beets, spinach, broccoli, cauliflower - strained vegetable juice 	<ul style="list-style-type: none"> - Vegetables with seeds - Fibrous cooked vegetables, such as: artichokes, asparagus, broad beans, cabbage, Brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas, sauerkraut, squash, tomatoes, zucchini - ALL raw vegetables, such as: lettuce, onion, celery, cucumber, mushrooms, scallions, avocado
Meats or Proteins	<ul style="list-style-type: none"> - Cooked and tender meat and fish such as: poultry, beef, lamb, pork, veal, fish, organ meats - Cheese, eggs, tofu, tuna fish - Creamy peanut butter - Other smooth nut butters, such as: smooth almond butter, smooth cashew butter 	<ul style="list-style-type: none"> - Beans, peas, lentils, or nuts - Crunchy peanut butter; Any crunchy-style nut butter - Meat substitutes that have whole grains, nuts, or seeds - Non-tender meats; gristle - Ham, hot dogs, salami, cold cuts
Dairy and Dairy Substitutes	<ul style="list-style-type: none"> - Cow's milk, cream, half & half - Ice cream - Yogurt - Cheese - Oat milk, soy milk, almond milk - Coconut milk, coconut cream 	<ul style="list-style-type: none"> - Any ice cream or cheese with nuts or seeds - Fruited yogurt
Drinks	<ul style="list-style-type: none"> - Coffee, tea - Bottled water, tap water, carbonated beverages - Apple juice, strained juice, fruit punch (no pulp) - Kool-Aid or Hi-C (no red, blue or purple colors) - Italian ice, sports drinks, sodas (No red, blue or purple colors. Coke or Pepsi are ok.) - Nutritional supplements without added fiber, such as: Boost, Ensure (chocolate, strawberry or vanilla are okay) 	<ul style="list-style-type: none"> - Any beverage that has pulp or seeds, such as: orange juice, grapefruit juice - Prune juice - Nutritional supplements that contain fiber
Grains, Potatoes, Rice, Starches	<ul style="list-style-type: none"> - Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, pastries, Graham crackers - Refined, cooked, or cold cereals such as: hominy grits, farina, cream of wheat or rice, Cheerios, Corn/Rice Chex cereal, Corn Flakes, Rice Krispies, Special K - White rice - Refined pasta - Potatoes without skin - Sweet potatoes without skin 	<ul style="list-style-type: none"> - Any bread, cereal, cracker, pasta made with seeds, nuts, coconut, raw fruit, or dried fruit - Whole- or multi-grain breads - Whole- or multi-grain cereals - Whole- or multi-grain pasta - Bran, corn bread, granola, oatmeal - Barley, brown rice, wild rice - Sprouted wheat, wheat germ - Quinoa - Potato skins

Special COVID Information

In preparation for your colonoscopy at UNC Health, please read through the following COVID-related information.

Symptoms

If you develop symptoms of COVID (or you have had close contact with a person who is COVID-positive) within 3 weeks of your procedure date, please call our nurse line at (984) 974-5052. This phone line is monitored Monday-Friday, 8am-4pm. We will help you determine if we need to reschedule your procedure, or if a COVID test is needed.

Symptoms include:

- Cough
- Shortness of breath
- Loss of taste or smell
- Sore throat
- Fever or feeling feverish
- Repeated shaking chills
- Muscle pain
- Vomiting
- Diarrhea

Exposure to a Person with COVID

If you have had close contact with a person with confirmed COVID within 21 days of your procedure date, please call or text us at 984-974-5050. We will help you determine if we need to reschedule your procedure, or if a COVID test is needed.