

The purpose of a colonoscopy is to look inside your large intestine (colon) for possible polyps, cancers, and other conditions. These instructions are for the Miralax prep (generic: Clear Lax), which will be sent to you by the UNC Shared Services Pharmacy. Good prep includes the following:

□ **Bring a Driver**

Before the procedure, you will receive medicine to make you relaxed and sleepy. Your judgment may be impaired from the sedation medication, so this is why you are required to have a driver (someone 18 years or older). Plan to arrive ONE HOUR before your procedure time. **If you don't have a driver, your procedure will be rescheduled.**

We have three locations. You should have received scheduling information with your appointment day, date, and location. See your MyChart message, or text us at 984-974-5050, for assistance.

- **GI Procedures Memorial Hospital** (Basement)
UNC Medical Center, 101 Manning Drive, Chapel Hill NC 27514
(Visitor Parking is 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

□ **Diet Changes**

In the days before your colonoscopy, you will have to change your diet, and take bowel prep medications so that your colon will be clear of stool. It is important that you follow our directions on preparing and drinking the prep solution. **A dirty colon may cause us to reschedule your procedure.**

□ **Review your Medications**

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

□ **Know Your Resources**

- **Scheduling:** To cancel your procedure, please text (984) 974-5050. To reschedule your appointment, call (984) 974-5050, and choose Option 1, and then when prompted again, choose Option 2.
- **Medications:** If you have questions about your personal medications, or how to take your prep, please call UNC Shared Services Pharmacy at 984-974-6779, and choose Option 2.
- **Nurse:** To ask a question about your diet or other concerns, call (984) 974-5052 to speak to a nurse. The phone line is open Monday through Friday, 8am-4pm. If needed, please leave a message and a nurse will call you back as soon as possible.
 - * If you have an urgent concern, after hours or over the weekend, our phone lines are closed. 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.

You may need to adjust your medications. See the below chart as a guide. Call us if you have any questions or concerns about your medications. Our Pharmacy number is 984-974-6779, Option 2.

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, iron, Vitamin E)	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 <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
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).	
<i>Again, general medication questions can be directed to our Pharmacy: (984) 974-6779, Option 2.</i>		

Prep Calendar and Diet for the **Week Before** your Procedure

6 days before (Insert *Day/Date*: _____)

- Make sure you have your prep medications, which will come from our UNC Shared Services Pharmacy. Please call them with questions at 984-974-6779, Option 2. It is open Monday through Friday, 8:30am-4:30pm. You will receive the following in the mail:
 - 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)
 - Four 125 mg Simethicone tablets (anti-gas)
- You will also need to purchase:
 - THREE 32 oz bottles of Gatorade. (If you have Diabetes, purchase Pedialyte, Powerade Zero, or Gatorade Zero.)
 - Do NOT purchase red, blue or purple Gatorade.** It is okay to have: orange, lemon-lime, and Gatorade Glacier Cherry (white color)
- Confirm your driver (see page 1), and review your medications (see page 2).
- Start your **LOW FIBER DIET** (see page 6).
- Stop all **fiber supplements** such as Metamucil or Citrucel.

5 days before (Insert *Day/Date*: _____)

- Continue your **LOW FIBER DIET** (see page 6), and drink plenty of fluids.

4 days before (Insert *Day/Date*: _____)

- Continue your **LOW FIBER DIET** (see page 6), and drink plenty of fluids.

3 days before (Insert *Day/Date*: _____)

- Continue your **LOW FIBER DIET** (see page 6), and drink plenty of fluids.

2 days before (Insert *Day/Date*: _____)

- Continue your **LOW FIBER DIET** (see page 6), and drink plenty of fluids.
- At 6 pm, take **10 mg of Bisacodyl (two 5 mg tablets)** with a full glass of water.

Prep Calendar and Diet for the **Day Before** Your Procedure

Insert Day/Date: _____

- No solid food all day.** Change to a **LIQUID DIET** (see below).

8:00 AM

- Review medications (see page 2)
- Refrigerate the THREE bottles of Gatorade (or Gatorade Zero or equivalent)
- Drink plenty of CLEAR fluids for the entire day:

<i>What I can Eat/Drink on a Liquid Diet</i>	<i>What I need to AVOID</i>
Gelatin/Jello, but not red, blue or purple in color.	NO SOLID FOODS
Fat-free milk, fat-free yogurt, fat-free pudding (vanilla flavor only)	
Fat-free, clear broth (strain all pulp and fat, no beans or veggies)	
Clear Liquids (nothing that is red, blue, or purple in color): water, sports drinks, sodas (Coke or Pepsi are okay), clear juice with no pulp, coffee and tea (sugar is okay), Italian ice	Do NOT drink anything with particles, oil or fat. Strain first.
	No red-, blue-, or purple-colored 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 diarrhea within 4 hours.

<i>Normal Prep Side Effects</i>		<i>Abnormal Prep Side Effects</i>	
<i>Normal</i>	<i>What to Do</i>	<i>Not Normal</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, or with some ice • 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 Miralax • After 4pm, call UNC at 984-974-1000. <p>The operator will contact the "GI Fellow on Call."</p> <p>For emergencies, call 911.</p>

Prep Calendar and Diet for the **Day of Your Procedure**

Insert Day/Date: _____

The Midnight before your Procedure

- Beginning midnight before your procedure, **STOP the LIQUID DIET**.
- You may drink water, black coffee, or black tea (with sugar if you prefer).
- Finish any remaining Miralax (generic: Clear Lax) solution from yesterday.

At least FOUR (4) hours before your procedure time

- Take two Simethicone tablets (125 mg each).
- Mix the 4.1-ounce bottle of Miralax with 32 ounces of Gatorade.
 - Mix well.
 - Drink one 8-ounce glass every 15-20 minutes.
 - Finish it **NO LATER** than 2 hours before your procedure.
- Again, **NO SOLID FOODS** before your procedure **AND STOP the LIQUID DIET** from yesterday.
- Only drink** your prep solution, water, black coffee, or black tea, up until **2 hours** before your procedure time.

TWO (2) hours before your procedure time

- Take any approved medications (see page 2) **at least 2 hours** before your procedure time.
- Do **NOT** eat or drink **ANYTHING** within two hours of your procedure time.
- You should be finished with your Miralax 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).

Remember, ***DO NOT eat or drink anything AT ALL within two hours of your procedure time or your procedure will likely be cancelled.***

Here are some reminders for your procedure day:

- Review this packet.
- Follow Prep Calendars and Diets for the days before and the day of your procedure (see pages 3, 4 and 5).
- Plan to **arrive** 60 minutes before your scheduled 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 it 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.

If you have diet questions, please call our nurse line: (984) 974-5052, Mon-Fri, 8am-4pm.

LOW FIBER DIET (for 6, 5, 4, 3 and 2 days before your procedure)		
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"> - Canned pineapple, oranges, grapefruit sections, mixed fruit - Raw fruit (ripe bananas are ok) - ALL berries - ALL melons - 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"> - ALL raw vegetables, such as: lettuce, onion, celery, cucumber, mushrooms, scallions, avocado - Vegetables with seeds - Tough, fibrous cooked vegetables, such as: artichokes, asparagus, broad beans, cabbage, Brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas, sauerkraut, squash, tomatoes, zucchini
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 - Smooth peanut butter - Other smooth nut butters, such as: smooth almond butter, smooth cashew butter 	<ul style="list-style-type: none"> - Non-tender meats; gristle - Ham, hot dogs, salami, cold cuts - Meat substitutes that have whole grains, nuts, or seeds - Beans, peas, or lentils - Crunchy peanut butter; Any crunchy-style nut butter
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"> - Fruited yogurt - Any ice cream or cheese with nuts or seeds (Avoid all milk products if you are lactose-intolerant)
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"> - Whole- or multi-grain breads - Whole- or multi-grain cereals - Whole- or multi-grain pasta - Bran, corn bread, granola, oatmeal - Any bread, cereal, cracker, pasta made with seeds, nuts, coconut, raw fruit, or dried fruit - Barley, brown rice, wild rice - Sprouted wheat, wheat germ - Quinoa - Potato skins