

Getting Ready for Your Virtual Colonoscopy Prep (VC MiraLax® Prep with Oral Contrast)

Proper Bowel Cleaning is Needed for the Best Exam!

To get a clean and empty colon you will start to prepare the day before your exam. Both a clear liquid diet and the contents of the bowel prep kit are needed to clean out the colon. The bowel prep kit contains laxatives and contrast medicines. The laxative will help clean out the bowel for the exam. The contrast agents will help to highlight any stool left in your colon on the VC pictures.

The Day Before Your Exam (Prep Day)

Starting at midnight the day of your prep, you may drink as many clear liquids as you want unless you are under a fluid restriction by your doctor. If you are under a fluid restriction, please Keep this in mind as you plan for the day. The MiraLax® described below does not count toward this restriction. Drink only clear liquids for breakfast, lunch, dinner, and snacks. Do not eat any solid foods. Drink plenty of fluid to avoid dehydration. Avoid red liquids (i.e., red Jell-O®, cranberry juice). Clear liquids may include:

- Gatorade®, Powerade® (we suggest sports drinks with electrolytes to help with hydration)
- Water, tea, or coffee (no cream or milk; sugar is okay)
- Jell-O®, Popsicles® (no fruit or cream added)
- Bouillon or broth
- Apple, white cranberry, or white grape juice (no orange, tomato, grapefruit, or prune juice)
- Soda such as Sprite®, 7-Up®, ginger ale, or any cola
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea

How to Prepare MiraLax® Solution

- Mix the entire bottle of miralax (238g) with 64oz Gatorade or Powerade until completely dissolved. If you are using two 32 oz. Gatorade or Powerade, mix half of the MiraLax® powder into each one bottle.
- Because you are drinking a large amount of liquid quickly, you may become chilled. This may be avoided by drinking it at room temperature or minimally chilled. Do not add ice, as it will be more difficult to drink rapidly.
- If diabetic or if you prefer, you may drink sugar free Gatorade or Powerade.

Bowel Prep Instructions

If you take other medicines, don't take them while drinking MiraLax® mixture. Take them 1 hour before starting colon prep, or at least 1 hour after you finish the MiraLax®. MiraLax® does not count towards this restriction because it does not get absorbed from your colon, it just flushes through.

- **Step 1) At 10 am take two Bisacodyl tablets (5mg each) with 8oz of water or clear liquid.**
This will help gently move your bowels in about 6-8 hours. This will help the laxative work better. You can take these tablets and still do normal activities because they will rarely cause diarrhea.
- **Step 2) At 4 pm:** Mix the entire bottle of miralax (238g) with 64oz of Gatorade until completely dissolved. Drink an 8oz glass every 10 to 15 minutes until the solution is gone. Continue to drink plenty of clear liquids. The solution will cause you to have repeated loose stools (diarrhea) which is the expected result. It typically works within 30 minutes but may take up to 3 hours to have an effect. Do not exceed the recommended Miralax dose as serious side effects may occur.
- **(Step 3) At 6 pm:** Drink 250 mL of Barium Sulfate. You may keep drinking clear liquids as desired.
- **(Step 4) At 9 pm:** (Choose one option)
 - **Option A:** Drink 2 bottle (60 mL) of gastrographin undiluted. You may find it tastes better if you quickly drink it and then follow it with 1 glass (8 ounces) of clear juice, soda, or water. This will dilute the medicine in your stomach.
 - **Option B:** Mix 2 bottles (60 mL) of gastrographin in 1 glass (8 ounces) of clear juice, soda, or water. If you dilute the medicine, you must be able to drink the entire amount.
- **(Step 5) At 10 pm:** take 2 more bisacodyl tablets and continue to drink plenty of clear liquids.
- ***NOTE:** If more convenient to your schedule, you may begin the bowel prep earlier in the day. If you choose to do this, keep the same time interval between each step.

Bowel Prep Complete!! You may keep drinking clear liquids until midnight.

The Day of Your Exam

Do not eat or drink anything after midnight on your exam day until you are advised to after your exam. You may take your daily medicines as prescribed with small sips of water.

If you have diabetes, test your blood glucose level more often when you can't eat as well as before your exam. You should adjust your insulin or oral diabetes pills as discussed with your doctor. Resume your normal schedule after you receive the exam result phone call and are eating again. If your blood glucose level is low (less than 70 mg/dl) or you have symptoms, please drink a clear liquid that contains sugar or take glucose tablets. Always recheck your blood sugar level to make sure it stays above 70. We can still do the exam unless you need to eat solid food to maintain your blood glucose. It is better to maintain your blood glucose than to have the exam. We can always schedule your VC in the future.

After the Exam

You may resume your normal diet and any medicines you may have stopped after your exam is complete. The provider that requested the exam will receive a written report within 7 days.

Contacts

Holy Family CT department: (509) 363-7940

If you have an urgent concern after normal business hours, please contact your primary care doctors on call service.

If you need immediate medical help, call 911 or go to the nearest Emergency Room.

If you need to reschedule for any reason, please **call 509-363-7001**

Shopping list:

Miralax (238g) powder

Two 32 oz (64 oz total) electrolyte beverage, such as Gatorade or Powerade.