

Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY (Miralax with Bisacodyl Tablets)

You have been scheduled for an exam of the rectum and lower colon with a small, flexible lighted instrument. The lower colon must be thoroughly cleansed prior to your procedure. These instructions have been prepared to help you understand the cleansing process. After completely reading these instructions, call our office if you have unanswered questions.

Purchase the following **two** items, over-the counter at your local pharmacy:

- MiraLAX** in large bottle (**238 grams**)



- 4 Generic Bisacodyl tablets** (5 mg each tablet). There are several brands and quantities of Bisacodyl available. If you are not sure, ask the pharmacist to help you find what you need.

Hold medications with iron for one week before the procedure. Continue regular medications but hold diabetic medications the morning of the procedure. **Do not eat nuts, berries, or seeds 72 hours before your exam.**

DAY BEFORE EXAM:

1. Have a **clear liquid breakfast, lunch, and dinner** (See Clear Liquid List on the back of this sheet). Drink generous amounts of clear liquids throughout the day and evening to prevent dehydration.
2. At **12:00 pm (noon)** take 4 Bisacodyl tablets. This will stimulate your bowels to move. At some point you will begin to have diarrhea. The timing of this varies from person to person.
3. Between **4:00 pm and 6:00 pm** mix **1½ capfuls** of MiraLAX with **8 ounces** of a non-carbonated clear liquid until dissolved and drink. Repeat this step every 15-30 minutes until your bowel movement is clear; you must drink **10 glasses or until the entire 238 gram bottle of Miralax is gone**. If you get nauseated while drinking, stop for 1 hour, walk around, then start again at a slower pace.

Mark off each time you drink an 8 oz glass



DAY OF EXAM:

1. **DO NOT** take diabetes medication (tablets or insulin).
2. **DO NOT** eat solid food. You may have clear liquids up until 4 hours prior to your check-in time. **DO NOT have anything by mouth during the 4 hours prior to your appointment.**
3. **DO** take your regular morning blood pressure, heart, lung, seizure, and psychiatric medications with a sip of water up to one hour prior to your check-in time.
4. Wear comfortable clothing, including socks to keep your feet warm.
5. Plan to allow 30 minutes for this appointment. Your procedure will be much less than that. After your procedure we recommend you start with a small meal of non-greasy, easy to digest foods and advance to a normal diet as tolerated.

If you have questions call (360) 413-8250

*****Read front and back of this form for complete instructions*****

Your exam is scheduled with:	At the following Facility:
<input type="checkbox"/> Harpreet Brar, MD <input type="checkbox"/> David Owens, MD <input type="checkbox"/> Rodney Joe, MD <input type="checkbox"/> Bruce Silverman, MD <input type="checkbox"/> James Kruidenier, MD <input type="checkbox"/> Kathryn Wagner, MD <input type="checkbox"/> Benjamin Merrifield, MD <input type="checkbox"/> Meimin Xie, MD <input type="checkbox"/> William Mitchell, MD <input type="checkbox"/> Kristine Zhang, MD	<p>Gastroenterology Associates Memorial Medical Plaza 500 Lilly Road N.E., Suite 204 Olympia, WA 98506 (360) 413-8250</p>
<p align="center">***DO NOT HAVE ANYTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME***</p> <p>Arrive at Facility: Day _____, Date _____, Time _____ AM/PM</p>	

SUGGESTIONS:

- Using flushable baby wipes may make you more comfortable.
- It is suggested the bowel preparation be consumed within 3-6 hours, if possible.
- If you become too full or nauseated while drinking the preparation, stop for 1 hour, then resume at a slower pace. The goal is to get the full volume down, even if it takes longer than 6 hours to consume.
- It is normal to feel chilled during and after drinking the preparation. Warm clothing may make you feel more comfortable.
- Continue to drink clear liquids up until 4 hours prior to your check-in time.

CLEAR LIQUID LIST: (Clear enough to read print through it)

- Plain Broth (chicken, beef, or vegetable bouillon)
- Apple Juice, White Grape Juice, Cranberry Juice
- Gatorade, Sports Drinks, Soft Drinks
- Crystal Light, Kool-aid
- Black Tea, Black Coffee
- Jell-0
- Popsicles
- Water

REMINDER: Avoid clear liquids that contain **red food coloring** listed on its labeling along with dairy and Ensure type beverages.

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