

MIRALAX SPLIT PREP



Doctor: 9 Dr. Aggarwal 9 Dr. Ghorai 9 Dr. Loura
 9 Dr. McDonnell 9 Dr. Mu 9 Dr. Slosberg 9 Dr. Waldbaum

Appointment Date: _____

Procedure Location: **WWMG - Endoscopy Center Providence Medical Building**

Check-in Time: _____

12800 Bothell-Everett Hwy. Suite 200, Everett, WA 98208

425-259-3122

General Information:

1. Notify your healthcare provider if you are currently taking **Coumadin, Effient, Plavix, Pradaxa or Insulin and oral hypoglycemics** for further instructions.
2. **Arrange for a responsible adult to accompany you home. Your driver MUST remain at the Endoscopy Center during your test. If you do not have an adult escort, your procedure may be cancelled and rescheduled.**
3. Review preparation schedule below for five days preceding your colonoscopy.
4. Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a toilet when using laxatives.
5. If you are regularly constipated, use stool softener for 3 to 4 days to keep once to twice daily BM. This will make the day of bowel preparation easier.

Date	4 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior to Procedure	Procedure Day
5 BUSINESS Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior to Procedure	Procedure Day
<p>\$Last chance to cancel appointment or you will be charged a NO SHOW FEE of \$250.00.</p> <p>\$If you have questions regarding your prep or procedure OR to CANCEL your procedure call 425-316-5193.</p> <p>\$Insurance Card: Check with your insurance carrier in advance to see if you need referral and/or preapproval for an outpatient appointment or procedure. It is important that you understand your financial responsibility.</p> <p>\$Children should NOT be brought to the Endoscopy Center.</p> <p>\$ You will receive Conscious (Moderate Sedation) for your procedure.</p>	<p>\$Arrange a ride (see above)</p> <p>\$Be sure any necessary pre-approval has been sent to our scheduling office.</p> <p>\$Stop taking iron and oil supplements such as fish, Vitamin D, Vitamin E and Flax Seed oils.</p> <p>\$If you are taking Coumadin (Warfarin) Effient, Plavix or Pradaxa and did not receive instructions regarding stopping this medication, please call our scheduler at 425-259-3122.</p> <p>\$IF you are diabetic and did not receive instructions regarding your medications please call our office at 425-259-3122.</p> <p>\$NOTE: If you are medicated for your procedure you <u>CANNOT drink alcohol or drive for 12 hours after the test.</u></p>	<p>\$Confirm your ride. Remember your driver <u>MUST</u> remain at the Endoscopy Center from check in time through discharge, approximately 2-2 2 hours.</p> <p>\$Purchase (1) one bottle of Miralax 238gm / 8.5oz (over the counter), (1) one 10oz bottle Magnesium Citrate (lemon only) and (2) two 32oz bottles of Gatorade (lemon only)</p> <p>\$Stay hydrated throughout the day.</p> <p>\$Begin low fiber diet (See reverse) 1) No raw fruits/veggies with seeds; 2) No whole grains/high fiber; 3) No nuts, seeds, popcorn; 4) No Metamucil, Fibercon, Bran or 5) Bulking agents.</p>	<p>\$Confirm your driver.</p> <p>\$Continue low fiber diet.</p> <p>\$Stay hydrated throughout the day.</p> <p>\$No solid foods after midnight</p> <p>\$Vaseline or Tucks wipes help with anal soreness during bowel prep.</p>	<p>\$Begin Clear Liquid Diet: Clear fruit juices (no pulp): apple or white grape; broth, water, Gatorade, Popsicles, Jell-O, coffee, or tea (no milk or cream). NO RED, BLUE OR PURPLE COLORS.</p> <p>\$Stay hydrated throughout the day.</p> <p>\$2:00 p.m. - Drink 10oz bottle Magnesium Citrate.</p> <p>\$Drink 2 glasses of water over the next two hours.</p> <p>\$4:00 p.m. - Mix (½) half of the bottle of Miralax into 32oz bottle of Gatorade (lemon only). Drink one 8oz glass every 20-30 minutes until Miralax/Gatorade mix is gone.</p> <p>\$Drink water only after the prep. No solid food until after your procedure.</p>	<p>\$No solid food until after your procedure.</p> <p>\$Drink remaining prep (4) four hours prior to leaving home.</p> <p>\$ Mix 2nd half of the bottle of Miralax into 32oz bottle of Gatorade (lemon only). Drink one 8oz glass every 20-30 minutes until Miralax/Gatorade mix is gone.</p> <p>\$Water is ok up to 2 hours before you leave your home for your procedure.</p> <p>\$Early morning - take your usual prescribed medication except Coumadin, blood thinners, insulin or oral hypoglycemics, unless told otherwise by your doctor.</p> <p>\$Be sure to bring: RIDE HOME INSURANCE CARD GLASSES, HEARING AIDS MEDICATION LIST</p> <p>\$Leave jewelry, money and other valuables at home.</p> <p>\$Plan for you and your driver to spend 2 2 hours at the Endoscopy Center.</p>