



Colon Prep : MiraLAX

DOCTOR:

Dr. Chua

Dr. Cuschieri

Dr. Ghorai

Dr. Hawkins

Dr. Loura

Dr. Mu

Dr. Schreiber

Dr. Slosberg

Calendar Dates

5 DAYS PRIOR:

General instructions

Last chance to cancel appointment or you will be charged a **NO SHOW FEE** of \$250.

Check with insurance in advance to see if you need a referral or pre-approval for your procedure.

Arrange childcare, as children should not be brought to the endoscopy center.

Secure a **driver** for the procedure day, as it is unsafe to drive for 12 hours after the procedure.

SUPPLIES:

- **MiraLAX (OTC), 238gm bottle, buy TWO bottles**
- **32 oz. Bottle of Gatorade (yellow or original only/no other colors), buy TWO bottles**
- **10 oz. bottle lemon magnesium citrate (OTC)**
- **Dulcolax (Bisacodyl) 4 tablets (OTC)**
- Fleet enema (OTC), optional

5 DAYS PRIOR:

Medical Instructions

From This Day On, Until The Procedure:

TURN PAPER OVER FOR LOW FIBER DIET

STOP: _____

For _____ days before procedure.

Stop taking oil supplements, oil capsules, iron pills, as this makes it difficult to cleanse the bowel.

If you are diabetic or if you're taking blood thinners and you did not receive specific instructions regarding your medications, please call the office. Blood thinners include Plavix, Effient, Warfarin (Coumadin), Pradaxa, or Xarelto, etc.

If you have implantable cardiology devices (defibrillator or pacemaker), notify the office as a device clearance is needed from your cardiologist.

You may take OTC MiraLAX one dose in a 8 oz. glass of water up to 3 times per day as needed to maintain daily soft BMs. You may also use your usual laxatives as needed.

If you have severe constipation, call the office for advice (425) 259-3122.

1 DAY PRIOR:

(1st bottle of MiraLAX, 4 glasses)

Entire Day: Clear liquid diet only (no solids foods!): clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, coffee or tea without cream. Small amount of Jell-O is OK. No milk, red, blue, or purple colors.

If you take diabetes medicine: Refer to the instruction sheet "Colonoscopy Patients with Diabetes".

4 PM: Take 4 tablets of Dulcolax (Bisacodyl) (OTC)

6 PM: Drink one 10oz. bottle of lemon magnesium citrate (OTC). Skip this step, if you have advanced kidney disease or if you're 70 years or older.

8 PM: Mix 1st entire 238gm bottle of MiraLax together with entire 32oz. bottle of Gatorade. Drink one 8oz. glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.

What to expect: it may take several hours before you have multiple bowel movements. Expect lots of diarrhea.

This is normal

NO ALCOHOL

PROCEDURE DATE:

(2nd bottle of MiraLAX, 4 glasses)

Early morning: take your **usual prescribed medication** except for blood thinners, insulin or oral hypoglycemic, unless told otherwise by your doctor.

OK to continue clear liquid diet.

SIX HOURS PRIOR TO YOUR CHECK IN TIME

Mix 2nd entire 238gm bottle of MiraLax together with entire 32oz. bottle of Gatorade. Drink one 8oz. glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.

DO NOT stop the prep even if you think your stool is clear, as fecal matter often comes out intermittently. **A good prep should result in CLEAR yellowish watery stool (not cloudy) that looks like clear urine.**

FOUR HOURS PRIOR TO YOUR CHECK IN TIME STOP DRINKING ALL LIQUIDS.

AGAIN, be sure to bring:

- Medication list
- A driver
- Photo ID/Insurance card
- Eyeglasses/Hearing aids

You **CANNOT** drink alcohol or drive for 12 hours after the test.

CPT Codes: Colonoscopy 45378-45385; ICD-10 codes: screening Z12.11; Hx Polyps Z86.010; Fx Polyps Z83.71; Fx Colon CA Z80.00; Other: _____

NEWLY REVISED 03/08/21