

Colon Prep: MiraLAX

Dr. Chua Dr. Cuschieri Dr. Ghorai Dr. Hawkins Dr. Loura Dr. Mu Dr. Slosberg Dr. Wakelin

Calendar Dates			
General instructions	5 DAYS PRIOR: Medical Instructions	1 DAY PRIOR: Preparation Day Instructions	PROCEDURE DATE: Day of procedure Instructions
<p>To view MiraLAX Standard prep video: https://www.wmedgroup.com/pr-e-procedure-instructions/</p> <p>5 BUSINESS DAYS PRIOR: Last chance to cancel appointment or you will be charged a LATE CANCELLATION FEE of \$250.</p> <p>Check with insurance in advance to see if you need a referral or pre-approval for your procedure.</p> <p>Please leave jewelry, money, and other valuables at home.</p> <p>If you have an ostomy, we recommend bringing extra ostomy supplies with you.</p> <p>If you have an electronic stimulator, bring your wand/device to turn off your stimulator.</p> <p>Secure a driver for the procedure day, as it is unsafe to drive for 12 hours after the procedure.</p> <p>SUPPLIES:</p> <ul style="list-style-type: none"> MiraLAX (OTC), 119gm (7 dose) bottle, buy THREE (3) bottles 28oz or 32oz Bottle of Gatorade (no red, blue or purple color), buy THREE (3) bottles. Infant Mylicon Gas Relief Drops 15 mL (OTC) 	<p>From This Day On, Until The Procedure:</p> <p>TURN PAPER OVER FOR LOW FIBER DIET</p> <p>STOP: _____ For _____ days before procedure.</p> <p>Stop taking Phentermine, oil supplements, oil capsules, and iron pills.</p> <p>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.</p> <p>If you have implantable cardiology devices (defibrillator or pacemaker), notify the office as a device clearance is needed from your cardiologist.</p> <p>OPTIONAL: You may take OTC MiraLAX one dose in a 8oz 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.</p> <p>If you have severe constipation, call the office for advice (425) 259-3122.</p>	<p>Entire Day: Clear liquid diet only (no solid 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.</p> <p>If you take diabetic medication(s): Refer to the instruction sheet "Colonoscopy Patients with Diabetes".</p> <p>3 PM: Mix 1st entire 119gm (7 dose) bottle of MiraLAX together with entire 28oz or 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p>7 PM: Mix 2nd entire 119gm (7 dose) bottle of MiraLAX together with entire 28oz or 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p>What to expect: It may take several hours before you have multiple bowel movements. Expect lots of diarrhea. *This is normal* NO ALCOHOL</p>	<p>Early morning: take your usual prescribed medication except for blood thinners, insulin or oral diabetic medication, unless told otherwise by your doctor.</p> <p>OK to continue a clear liquid diet.</p> <p>SIX HOURS PRIOR TO YOUR CHECK IN TIME: From the Mylicon box, you will fill the 0.6 ml syringe five times adding each to the remaining Miralax/Gatorade mix. Mix 3rd entire 119gm (7 dose) bottle of MiraLax together with entire 28oz or 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p>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.</p> <p>FOUR HOURS PRIOR TO YOUR CHECK IN TIME ABSOLUTELY NOTHING BY MOUTH (e.g. gum, hard candy, chewing tobacco, water, etc.).</p> <p>AGAIN, be sure to bring:</p> <ul style="list-style-type: none"> Medication list A driver Photo ID/Insurance card Eyeglasses/Hearing aids <p>You CANNOT drink alcohol or drive for 12 hours after the test.</p>

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 11/10/2023

LOW FIBER DIET

General Rule: DO NOT eat anything with any of the following ingredients: nuts, seeds, raw fruits with seeds, raw vegetables, corn, beans (example: kidney, pinto, lima), whole grains, or popcorn.

BELOW ARE THE ONLY ALLOWED FOODS

BREADS ETC:

- White breads, rolls, biscuits
- Waffles, French toast, pancakes
- White rice, white pasta, peeled cooked potatoes
- Saltines or white crackers without seeds
- Hot cereal: cream of rice, cream of wheat
- Cold cereal: Rice Krispies, Corn Flakes, Special K

VEGETABLES AND FRUITS:

- Cooked and canned vegetables –carrots, green beans, spinach
- Applesauce
- Apple or white grape juice
- Bananas
- Cantaloupe, honeydew melon

MILK/DAIRY:

- Milk: plain or flavored, coconut, almond, soy
- Yogurt, custard and ice cream
- Cheese and cottage cheese

MEAT/PROTEIN:

- Well cooked, lean meats, fish
- Eggs
- Creamy peanut/almond butter
- Tofu

FATS, SWEETS, CONDIMENTS, BEVERAGES:

- Margarine, butter, cooking oils, mayonnaise, salad dressing
- Plain gravies
- Sugar, clear jelly, honey and syrup
- Soups made with allowed vegetables, broth
- Coffee, tea, carbonated beverages
- Plain cake
- Gelatin, plain pudding, popsicles
- Hard candy, pretzels
- Plain chocolate