



# Colon Prep #4: 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	5 DAYS PRIOR: Medical Instructions	1 DAY PRIOR: (1 <sup>st</sup> bottle of MiraLAX, 4 glasses)	PROCEDURE DATE: (2 <sup>nd</sup> bottle of MiraLAX, 4 glasses)
<p>Last chance to cancel appointment or you will be charged a <b>NO SHOW FEE</b> of \$250.</p> <p>Check with insurance in advance to see if you need a referral or pre-approval for your procedure.</p> <p>Arrange childcare, as children should not be brought to the endoscopy center.</p> <p>Secure a <b>driver</b> for the procedure day, as it is unsafe to drive for 12 hours after the procedure.</p> <p><b>SUPPLIES:</b></p> <ul style="list-style-type: none"> <li>• MiraLAX (OTC), 238gm bottle/14 doses, <b>buy TWO bottles</b></li> <li>• 32 oz. Bottle of Gatorade (yellow or original only/no other colors), <b>buy TWO bottles</b></li> <li>• Fleet enema (OTC), optional</li> </ul>	<p><b>From This Day On, Until The Procedure: TURN PAPER OVER FOR LOW FIBER DIET</b></p> <p><b>STOP:</b> _____ For _____ days before procedure.</p> <p>Stop taking oil supplements, oil capsules, iron pills, as this makes it difficult to cleanse the bowel.</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>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.</p> <p><b>If you have severe constipation, call the office for advice (425) 259-3122.</b></p>	<p><b>Entire Day:</b> 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.</p> <p><b>If you take diabetes medicine:</b> Refer to the instruction sheet "Colonoscopy Patients with Diabetes".</p> <p><b>4PM:</b> Drink one 10 oz. bottle of lemon magnesium citrate (OTC). Skip this step, if you have advanced kidney disease or if you're 70 years or older.</p> <p><b>5 PM:</b> Mix 238 gm/14 doses MiraLax power with 32 oz. bottle of Gatorade together and store in refrigerator.</p> <p><b>6 PM:</b> Drink MiraLax/Gatorade, one 8 oz. glass every 20-30 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p><b>REPEAT 5PM STEP BEFORE GOING TO BED FOR AM PREP:</b> Mix 238 gm/14 doses MiraLax power with 32 oz. bottle of Gatorade together and store in refrigerator.</p> <p><b>What to expect:</b> It may take several hours before you have multiple bowel movements. Expect lots of diarrhea. *This is normal*</p> <p><b>NO ALCOHOL</b></p>	<p>Early morning: take your <b>usual prescribed medication</b> except for blood thinners, insulin or oral hypoglycemic, unless told otherwise by your doctor.</p> <p>OK to continue clear liquid diet.</p> <p><b>SIX HOURS PRIOR TO YOUR CHECK IN TIME</b> Drink the remaining MiraLAX, one 8 oz. glass every 20-30 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. <b>A good prep should result in CLEAR yellowish watery stool (not cloudy) that looks like clear urine.</b></p> <p><b>FOUR HOURS PRIOR TO YOUR CHECK IN TIME STOP DRINKING ALL LIQUIDS.</b></p> <p><b>AGAIN, be sure to bring:</b></p> <ul style="list-style-type: none"> <li>• Medication list</li> <li>• A driver</li> <li>• Photo ID/Insurance card</li> <li>• Eyeglasses/Hearing aids</li> </ul> <p>You <b>CANNOT</b> 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: \_\_\_\_\_