



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 st bottle of MiraLAX, 4 glasses)	PROCEDURE DATE: (2 nd bottle of MiraLAX, 4 glasses)
<p>Last chance to cancel appointment or you will be charged a NO SHOW 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>Arrange childcare, as children should not be brought to the endoscopy center.</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), 238gm bottle/14 doses, buy TWO bottles • 32 oz. Bottle of Gatorade (yellow or no color ONLY), buy TWO bottles • Fleet enema (OTC), optional 	<p>From This Day On, Until The Procedure:</p> <p>TURN PAPER OVER FOR LOW FIBER DIET</p> <p>Stop eating any seeds, nuts, corn, popcorn, whole-grain bread, crunchy vegetables and potato skin. OK to continue soluble fiber such as Metamucil, Citrucel, or Benefiber. OK to eat meats.</p> <p>STOP: _____ 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 should have 1 to 2 soft or slightly loose bowel movements DAILY. This is very important, as the final bowel prep will not be adequate if there is too much stool packed in the colon. If you have severe constipation, call office for advice.</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>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.</p> <p>If you take diabetes medicine: Refer to the instruction sheet "Colonoscopy Patients with Diabetes".</p> <p>4PM: 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>5 PM: Mix 238 gm/14 doses MiraLax power with 32 oz. bottle of Gatorade together and store in refrigerator.</p> <p>6 PM: Drink MiraLax/Gatorade, one 8 oz. glass every 20-30 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p>REPEAT 5PM STEP BEFORE GOING TO BED FOR AM PREP:</p> <p>Mix 238 gm/14 doses MiraLax power with 32 oz. bottle of Gatorade together and store in refrigerator.</p> <p>What to expect: Lots of diarrhea! If not, try an OTC Fleet enema. If you are nauseated, stop and pause for an hour. Maalox or Tums may help. OK to continue drinking water, apple juice or white grape juice in the evening as needed.</p> <p>NO ALCOHOL</p>	<p>_____ AM: Drink the remaining MiraLAX, one 8 oz. glass every 20-30 minutes as tolerated. Finish 4 glasses until it is gone. You may have to get up very early for the morning dose and the timing is critically important. Also, 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>_____ AM: STOP DRINKING ALL LIQUIDS, INCLUDING WATER, 4 HOURS PRIOR TO YOUR CHECK IN TIME.</p> <p>Early morning: take your usual prescribed medication with small sip of water except for blood thinners and insulin.</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: _____