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# Colon Prep : MiraLAX

Calendar Dates			
<p><b>5 DAYS PRIOR:</b> <b>General instructions</b></p>	<p><b>5 DAYS PRIOR:</b> <b>Medical Instructions</b></p>	<p><b>1 DAY PRIOR:</b> <b>(1<sup>st</sup> bottle of MiraLAX, 4 glasses)</b></p>	<p><b>PROCEDURE DATE:</b> <b>(2<sup>nd</sup> bottle of MiraLAX, 4 glasses)</b></p>
<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>• <b>MiraLAX (OTC), 238gm bottle, buy TWO bottles</b></li> <li>• <b>32 oz. Bottle of Gatorade (yellow or original only/no other colors), buy TWO bottles</b></li> <li>• <b>Dulcolax (Bisacodyl) Laxative 4 tablets 5mg (OTC)</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> _____ <b>For</b> _____ <b>days</b> 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 (<b>no solid foods!</b>): 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>4 PM:</b> Take 4 tablets of Dulcolax (Bisacodyl) Laxative 5mg (OTC)</p> <p><b>6 PM:</b> Mix 1<sup>st</sup> 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.</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 diabetic medication, 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></p> <p>Mix 2<sup>nd</sup> 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.</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: \_\_\_\_\_

NEWLY REVISED 01/17/22

## 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

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