



Instructions for Taking Your MiraLax Colonoscopy Prep

- ◆ You will not know your arrival/check-in time until 1-2 days prior to your scheduled procedure date. Please make sure that your voicemail box is set up & that it isn't full. Please make sure you check your messages so that you don't miss important information.
- ◆ You must have a responsible person 18 years or older to escort you to and from the facility.
- ◆ You will need to be on a clear liquid diet the whole day before your scheduled procedure date. Clear liquids are okay for up to 3 hrs. before your procedure arrival time.
- ◆ Make sure to take the **WHOLE** prep. We prefer that you follow these instructions instead of the instructions on the box of your prescription.

3-4 DAYS PRIOR TO YOUR PROCEDURE-PURCHASE THE FOLLOWING:

- 2 bottles of Miralax 8.3 oz. (over the counter)
- 1 small bottle of Dulcolax tablets (over the counter)
- 128 oz. of clear liquid such as Gatorade, Propel, PowerAde, Crystal Light, or water (*no red, purple, orange, or dark blue*) You can purchase 4 bottles of the 32 oz. bottles to get to the total 128 oz. required.

3 DAYS PRIOR TO YOUR PROCEDURE - Discontinue any blood thinning medications

- Aspirin, Motrin, Ibuprofen, Diclofenac, Mobic, Excedrin, Aleve, etc. should be discontinued.
- Tylenol products are not restricted.
- If you are on Coumadin, Plavix, Eliquis, Pradaxa, Xarelto, Savaysa, Prasugrel, Brilinta, Cilostazol, Aggrenox etc. prescribed by a physician, you **MUST call the prescribing physician** to ensure it is safe to discontinue prior to your procedure and follow their instructions.

2 DAYS PRIOR TO YOUR PROCEDURE – Start a low residue diet and increase fluid intake

- **DO NOT EAT:** Whole grain breads/pastas; corn bread; strong cheese; yogurt containing fruit skins or seeds; raw vegetables; tough meat; highly spiced foods/dressings; pepper; millet; buckwheat; flax oatmeal; popcorn; nuts; crunchy peanut butter; chocolate; coconut; beans; broccoli; dried fruit; berries; figs; prunes; or any juices containing pulp.
- **DO EAT:** White bread; dry cereals; white rice; refined pasta; well cooked vegetables (without skins, seeds, or pulp); tender; ground; well-cooked meat (including fish); eggs; creamy peanut butter; milk; mild cheese, butter, mayonnaise; plain gravies/dressings; broth and strained soups; carbonated beverages; tea; clear, pulp-free juices; black coffee.

THE DAY BEFORE YOUR PROCEDURE – Begin A CLEAR LIQUID DIET and start your prescription bowel prep IN THE EVENING NO SOLID FOOD – only clear liquids the entire day.

- ****NO DAIRY, PULP, OR ANYTHING RED, BLUE, PURPLE, OR ORANGE****
- You CAN have water, clear broth/bouillon, coffee or tea (no cream), Gatorade, Propel, soda, fruit juices with no pulp, Jell-O, popsicles, and hard candies.
- **PLEASE KEEP YOURSELF HYDRATED** by drinking at least 8 glasses of water throughout the day.

When to Drink Your Bowel Prep

ONE DAY BEFORE YOUR PROCEDURE: Clear Liquid Diet ALL Day

- Between 5-8 pm the evening before your procedure: Take 2 Dulcolax tablets, then mix one of the 8.3 oz. bottles of Miralax with 64 oz. of clear liquid (water, Gatorade, Crystal Light, Propel, etc.) and drink. We suggest trying to drink 8 oz. every 10 minutes. Continue drinking until gone.

DAY OF YOUR PROCEDURE:

- 5-6 hours before your procedure arrival time, mix your second bottle 8.3 oz. Miralax with 64 oz. of clear liquid (water, Gatorade, Crystal Light, Propel, etc.) and drink. We suggest trying to drink 8 oz. every 10 minutes. Make sure to drink the Miralax mixture until gone. *You will need to be done drinking this mixture 3 hours prior to your scheduled arrival time.*

To avoid nausea with any of the preps:

- Chill the prep
- Drink the prep through a straw
- Sip Ginger Ale, Gatorade, or Sprite between doses
- You may take **DRAMAMINE** if nausea develops while taking prep. This is an over-the-counter medication and should be taken as directed.
- Suck on ice chips to numb your taste buds
- Alternate what you are drinking (mouthful of prep then a mouthful of a different liquid and repeat)
- Stop for one hour & then resume. You will need to finish all the prep.

NOTE: Oral laxatives may cause mild cramping, boating or nausea. Always stay near a bathroom while using a prep product. "Cleaned out" looks like clear, yellowish, liquid stools. If your bottom gets sore during the prep, you can use baby wipes, Vaseline, or Desitin for relief.

HEALTH CONCERNS

- **Diabetic Patients:** please contact your primary doctor for diet and medication instructions and ensure Utah Digestive Health is aware so we can adjust your procedure time accordingly. Test your blood sugar before coming in for your procedure & bring the reading with you.
- **Are you pregnant?** Bowel cleansing products have not been researched or tested on pregnant women. Please discuss risks with your OB/GYN.
- **All other medications:** You can take blood pressure and seizure medications the day of your exam with water. DO NOT take your other regular medications the morning of your procedure unless you have okay'd it with your physician.

TRANSPORTATION

To ensure your comfort, IV sedation is given for this exam. You must have a responsible companion, family member, or friend 18 years of age or older to escort you to and from the facility and stay with you for several hours after your procedure. You MAY NOT go home alone in a taxi, shuttle van, or bus as these drivers will not be responsible for you. If you receive the IV sedation, you MAY NOT DRIVE until the following day.

BILLING INFORMATION

If you have had a colonoscopy previously and polyps were removed and you are now scheduled for another colonoscopy, your insurance may not cover this as a screening benefit. We will be accurately documenting all patient medical history and current findings. It is important that you contact your insurance company to find out how they cover a colonoscopy if you have had a history of polyps in the past.

For this procedure, there will be several different billings.

- Physician
- Facility
- Anesthesia
- Pathology (lab & review of biopsies -the pathologist)

If you have questions concerning your prep instructions, you can reach our office at Ph# 801-776-7131. Or **text** your specific provider's medical assistant at the following #: Dr. Poole # 385-888-7781 or Dr. Redd # 385-492-6633. **For after-hours questions, you will need to call # 801-625-3170 to speak to the on-call provider.**