

COLONOSCOPY PREPARTION PLANNER AND INSTRUCTION

Same Day surgery 937-386-3642

MIRALAX PREP

Read the following instructions now and keep them until after the exam.

You are scheduled for a colonoscopy which is an examination of the colon using a lighted flexible tube. You should plan on being with us for a total of 2-3 hours. When you arrive, you will be asked to fill out some paperwork, change into a gown, and an I.V. will be placed, through which you will receive your sedation. The exam itself will take approximately 20-30 minutes. Although we value your time and make every effort to stay on time, occasionally an emergency or a difficult exam may cause us to run behind. We will make every effort to notify you if this occurs. We also occasionally run ahead of schedule and may do your exam before your scheduled time. We would, therefore, appreciate if you could arrive at your scheduled arrival time. After the exam, you will be moved to the recovery area until the sedation wears off. Due to the sedative, you may not remember your conversation with the doctor. It is, therefore, very important to have a friend or family member present after your procedure for your conversation with the doctor. **By law, you cannot drive for the rest of the day.** We advise that you take the remainder of the day off from work.

A thorough cleansing of the bowel is essential for a successful exam. Please read and follow all directions carefully. Recent studies have shown that splitting the preparation into an evening dose and a morning dose is more effective than drinking it all at once. Although it may be inconvenient to take the second half early in the morning, it may improve our ability to find flat polyps that are difficult to see and more likely to cause cancer. It may also allow us to increase the interval between your exams. It is also important to bring a list of all your medications and a list of your medication allergies.

Please contact us at 937-386-3642 with any questions.

5 or more days prior to the colonoscopy

1. **Arrange for a ride.** If you do not have a ride, we will have to cancel the procedure
2. **Purchase your Miralax 238 gm bottle, 4 Dulcolax tablets, and 96 ounces of Gatorade.**
3. Consider obtaining a protective ointment such as Preparation H or Desitin to protect the anal area during the prep.
4. If you are taking Coumadin (warfarin) or other thinners, including aspirin, contact us for specific instructions.
5. Check with your insurance carrier if you need pre-approval and to make sure that you understand your financial responsibility for the procedure. If you are having a colonoscopy for screening purpose, (having the exam for preventative purposes), verify with your insurance company that a “screening colonoscopy” is a covered benefit. There should be a number on the back of your insurance card to call.
6. Stop taking iron and vitamins with iron 5 days before the colonoscopy.
7. Make any needed arrangement to be off work or school on the day of the colonoscopy.

3 days prior to the colonoscopy

1. Review and plan dietary needs for the next 2 days.
2. Confirm your ride.

2 days prior to the colonoscopy

1. Eat well-balance meals but try to avoid nuts, popcorn, raw fruit, raw vegetables, and salads.
2. Make a list of medications that you are allergic to and all prescription and non-prescription medications that you are currently taking and bring the list with you.

1 day prior to the colonoscopy

Diet

Start on a clear liquid diet when you get up and continue all day. Do not eat any solid foods. DO NOT consume anything that is red. Throughout the day, make sure to drink at least 8 glasses (2 quarts) of fluids.

Examples of clear liquids

- **Soups:** Clear bouillon, chicken broth, vegetable broth, beef broth or consommé.
- **Beverages:** Tea, coffee (without cream or milk, non-dairy creamers are ok), Kool-Aid, carbonated beverages, Gatorade or Powerade.
- **Juices:** White cranberry, apple, grape, lemonade, limeade and organ drink. Any juice that you can see newspaper print through is acceptable.
- **Dessert:** Italian ices, popsicles, Jell-O, and hard candy.
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- **Nutritional supplements** such as Boost or Ensure are OK: Although these are not clear liquids, you may have up to 2 cans during the day. Do not use any milk based supplements.

Medications

1. Take your usual prescription medications (except iron). If you are on Coumadin (warfarin) or other blood thinners, you should contact us for specific instructions at least one week prior to the colonoscopy.
2. If you have diabetes: You may have your usual breakfast the day before your procedure, and should take your diabetic medications. Throughout the day you should drink sugar containing clear liquids. Miralax does not contain glucose sugar. Monitor your blood sugar at your usual times.

Preparation the Evening Before

1. At 4:00 PM, take 4 Dulcolax tablets with 32 ounces Gatorade (not a flavor that is red).
2. Empty 238 gm Miralax into 64 ounces of Gatorade.
3. Mix the solution ahead of time and refrigerate prior to drinking (the solution must be used within 24 hours of mixing).
4. At 6:00 PM, start drinking the Miralax. Drink 8 ounces every 15 minutes times 4 glasses.
5. Drink an additional 16 ounces of clear liquids.
6. Refrigerate the other 32 ounces of Miralax/Gatorade solution.

On the Day of the Colonoscopy

1. Starting 3 to 4 hours before your scheduled arrival time, you should start drinking the second liter of the prep which you refrigerated overnight. Drink the solution every 15 minutes until the container is empty. Drink an additional 16 ounces of clear liquids.
2. You should not drink any liquids in the 2-hour period before your scheduled arrival time. For example, If you arrival time is at 7:00 AM, you should start drinking the morning portion of your prep and clear liquids at 3:00 AM and than have nothing further to drink before your procedure.
3. Most people consume several glassfuls before having the first watery bowel movement, and this may make you feel slightly bloated. You will become more comfortable as you start having bowel movements. You may experience nausea, abdominal fullness, and bloating. If this occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms subside. If you start to have severe abdominal pain and vomiting, stop drinking and call our office.
4. Take only essential medications in the morning such as: heart, high blood pressure or seizure medications, with sips of water. If you have diabetes, do not take your diabetic medication today.
5. When you are ready to leave, your designated driver will take you home where you can eat and relax the rest of the day. You will receive more specific instructions about eating, activities, medications, etc. Before you leave.
- 6.

Please feel free to call 937-386-3642 if you have any questions.

Frequently asked questions

1. Do I need to pre-register before the procedure? No you will be checked in at the time you arrive.
2. One of the medications I was instructed to take the morning of the procedure is red. Can I take it? Medications for blood pressure, heart conditions, and seizures should be taken the morning of the procedure with small sips of water, regardless of the pills coloring.
3. I was already having diarrhea before taking the prep, do I still have to take the laxative? Yes, you must take the prep as directed by your physician. Your colon is approximately 6 feet long. The entire colon must be emptied for your physician to see the colon clearly.
4. I see yellow color and a few flecks in the toilet bowl. What should I do? If your last bowel movements were clear enough that you could see the bottom of the toilet, it is okay if you have some flecks of material. The yellow color is a result of the bile that normally colors the feces. This should not interfere with the exam.
5. I have an irritated bottom. What should I do? Clean the area, but avoid rubbing by gently patting the area with a wet washcloth. Apply Preparation H, or Desitin liberally.
6. What if I am still passing stool the morning of the exam? Use a warm tap water enema until you are no longer passing stool.
7. Can I wear dentures? You may wear your dentures for a colonoscopy.
8. Can I brush my teeth? Please brush your teeth the morning of the procedure. You may rinse your mouth without swallowing water.
9. Can I take any type of pain reliever for a headache? You may take Tylenol as directed.
10. Can I have the procedure done while I am on my menstrual period? Yes; please use a tampon if possible.
11. Will my insurance provider cover the procedure? All pre-certifications are done through our main office PRIOR to your procedure. You will be contacted with any problems if they arise. If you have further questions, please contact your insurance provider.
12. If there is a polyp removed or a biopsy is taken, when should I expect the results? Generally, results are returned to us within 5 business days. We ask that the patient contact our office for results. A message will be taken and the call will be returned by the end of the day. In most cases, a medical assistant will return the call. If the call is received after 4 PM, it will be returned by the end of the next business day.