

PATIENT NAME: PROCEDURE: PHYSICIAN: LOCATION:

DATE: ARRIVAL TIME: Procedure time:

****PLEASE HAVE NOTHING BY MOUTH AFTER ON (including gum or mints)**

Additional instructions:

Miralax Bowel Preparation

Please read the entire prep instructions at least one week before your procedure. If you have questions please call our office:

Office number: 859-341-3575

Procedure Scheduling: 859-655-4480 between 8 am and 4:30 pm

Ambulatory Surgery Center: 859-655-4475 between 6 am and 2:30 pm

Please note that not following these instructions may result in cancellation / rescheduling of the procedure. Please contact the office if there have been any changes in your medical condition from the time you had scheduled your procedure to the date of your procedure (including but not limited to: heart attack, stroke or beginning taking blood thinning medication) Not doing so may result in cancellation of your procedure.

A thorough cleansing of the bowel is essential for a successful exam. Please read and follow all instructions 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. Be sure to follow our instructions exactly as they are written, even if the result of your prep is clear prior to finishing all of the prep. An inadequate prep could result in rescheduling your procedure or the interval of the next procedure could be reduced due to inadequate prep.

Your safety is our primary concern. Please arrange a responsible adult (age 18 or older) to drive you to our facility, stay at our facility during your procedure and drive you home when you are discharged. It is necessary that your responsible party remains at the facility during your procedure, or the procedure will not be able to be performed. Please anticipate remaining at our facility 2-4 hours. You are to have a responsible adult with you until the effects of the sedation have worn off which may take several hours.

7 or more days prior to the procedure

- Purchase two Dulcolax tablets (available over the counter)
- Purchase four chewable Simethicone tablets (example- Gas X, available over the counter)
- Purchase one-17.9 oz (510g) bottle of Miralax (available over the counter or a prescription may be provided)
- Purchase two 64 ounce bottles of Gatorade (no red flavors)
- Arrange for a ride. If you do not have a ride, we will cancel the procedure. Please remember that by law, you cannot drive the rest of the day of the colonoscopy.

- Read and familiarize yourself with the preparation instructions below.
- Please note if you take the medication Phentermine (ie- Adipex, Oby-Cap, Suprenz, T-diet, Zantryl, Lomaira) you will need to stop this medication 5 days prior to procedure.
- Review and plan dietary needs.
- Avoid nuts, seeds or berries with seeds between now and procedure.
- Examples of clear liquids:
 - o Coffee or Tea (No milk or creamer)
 - o Dietary Supplements: boost or ensure any flavor except chocolate and strawberry. No supplement after midnight.
 - o Plain Jell-O / Popsicles (No red or purple color)
 - o Clear soups and/or broth (strain all vegetables and noodles)
 - o Clear fruit juice- No pulp
 - o Sorbet that does not contain milk or chunks of fruit.
 - o Soft drinks / Ginger Ale / Gatorade (No red or purple)
 - o NO milk, added sugar, grapefruit juice, Tomato juice
 - o DO NOT drink Alcohol

*****IF YOU TAKE BLOOD THINNING MEDICATION*****

- We are verifying with your Cardiologist that you may hold your blood thinner. Please wait until you hear from us before stopping the medication.
- We have verified with your Cardiologist that you may hold your blood thinner .

STOP TAKING THE MEDICATION: DAYS PRIOR TO PROCEDURE.

YOU WILL BE INSTRUCTED ON WHEN TO RESUME TAKING YOUR BLOOD THINNER FOLLOWING YOUR PROCEDURE

2 Days prior to the procedure

All patients- at 7:00 pm, take 2 Dulcolax Laxative Tablets.

- Begin clear liquid diet 1 days prior to procedure per physician recommendation if checked here.
- Begin clear liquid diet 2 days prior to procedure per physician recommendation if checked here.

1 day prior to the procedure

- 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.
- If you have Diabetes: drink dietary supplements throughout first day of the colon prep up until midnight(no chocolate or strawberry flavor)
- **Between 4-6 pm:** Mix the one capful of Miralax in 8 ounces of Gatorade. Drink one glass of the Miralax combination every 15 minutes until you drink 8 glasses.
- Take 2 Simethicone tablets with the last glass
- If you experience nausea, cramping or bloating stop drinking for 30 minutes- then start again.
- Follow this with 2 large glasses of liquid and continue to drink clear liquids until bedtime. It is important that you drink large amounts of liquid in order to keep your body hydrated and for colon cleansing.

On the day of the procedure

- Starting 4 hours before your scheduled arrival time, Mix the one capful of Miralax in 8 ounces of Gatorade. Drink one glass of the Miralax combination every 15 minutes until you drink 8 glasses.
- Take 2 Simethicone tablets with the last glass
- STOP drinking any liquids 2 hours before your scheduled arrival time.
- Take your heart (do not take blood thinner), blood pressure and seizure medications the morning of the procedure.
- If you have diabetes, do not take your oral diabetic medication today.
 - Take ½ of long acting insulin
 - Hold regular insulin
 - Bring a dose of regular insulin
- Refrain from smoking the morning of the procedure
- If you wear dentures avoid using adhesive the day of the procedure as the dentures may be removed.
- If you use an inhaler please bring it with you the day of the procedure.

FREQUENTLY ASKED QUESTIONS:

- **Is there any way that I can make this taste better?** You can try sucking on hard candy or rinse your mouth with water or a mouthwash.
- **Why avoid red liquids?** The red color can persist in the colon and potentially look like blood.

● **One of the medications I was instructed to take the morning of my procedure is red. Can I take it?** Medications should be taken the morning of your exam regardless of the color.

● **I feel like vomiting and do not think I can drink any more. What should I do?** It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to thoroughly see inside of your colon to complete the examination. You can stop drinking for 30 minutes, then resume. If you do vomit, wait 30-60 minutes then begin drinking the solution again. If not improved, call us and have a phone number of an open pharmacy in case we need to call in a prescription.

● **I drank a lot of the solution and have not gone to the bathroom yet. What should I do?** Keep drinking and be patient. Most people have a bowel movement after an hour; however, some patients may take several hours.

● **I am taking the prep and now having loose, watery stool. Do I still need the rest of the prep?** Yes, you may have solid stool higher in the colon that needs to be eliminated.

● **I already have diarrhea before taking the prep, do I still need to take the laxative?** Yes, you must take the entire prep. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.

● **I see yellow color in the toilet bowl and a few flecks. What do I do?** If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.

● **My bottom is sore. What can I do?** To clean the area, avoid rubbing. Gently pat with a wet washcloth

● **Can I drink alcoholic beverages?** Alcoholic beverages can cause dehydration and some wines thin your blood. Therefore, we strongly suggest that you do not drink any alcoholic beverages prior to your procedure.

● **Can I chew gum or suck on candy?** Yes up until 2 hours prior to arrival. Nothing with soft centers or red color

● **What if I am still passing stool the morning of the test?** Please call the office.

● **Can I brush my teeth?** Please do. You may brush your teeth and rinse your mouth without swallowing.

● **Can I have chicken soup?** You can have broth; no noodles, chicken or vegetables are allowed.

● **Can I have the colonoscopy if I am on my period?** Yes, the procedure can still be performed. We ask that you use a tampon if possible but it's not absolutely necessary