

MiraLax Preparation (for patients < 70 years of age)

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THIS PACKET

About Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan to be at the hospital 2-4 hours. It is critical that you follow the instructions as directed.

The physician will discuss your procedure with you when you are in the recovery room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

If you have any questions, please call 317-817-8052; if you need to cancel, please call 317-944-4782 as soon as possible.

What to Bring:

1. The completed enclosed forms.
2. The first and last name and address of all doctors you want to receive a copy of your procedure report.
3. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person who signs you out must be with you on the unit before you can be released. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
4. A copy of relevant medical records from your referring physician.
5. Your insurance cards. Many insurance carriers (not Medicare) and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.* As a courtesy we will make every attempt to obtain the authorization for these procedures, please make sure we have your correct insurance information. If your insurance information has changed or is inaccurate, please contact our authorization coordinators at 317-428-4356 or toll free @ [855-884-2822](tel:855-884-2822)

6. Patient Checklist

IF YOU TAKE BLOOD PRESSURE OR HEART MEDICATIONS, PLEASE TAKE WITH A SIP OF WATER THE MORNING OF YOUR PROCEDURE.

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS.

Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
Hip or knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks	You may need antibiotics before your procedure. Please arrive two hours before your scheduled procedure time. Do not schedule your procedure before 8:00am. Please inform the nurse and your physician.
Aspirin	If you are taking aspirin PRESCRIBED by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure."
Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam. <i><u>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</u></i>

What to Wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

Please note: Although your upcoming colonoscopy may be scheduled as a screening procedure, if during the course of your screening the physician removes a polyp or performs a tissue biopsy, the procedure may be considered diagnostic and may not qualify for coverage as a screening service. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures.

Research Studies:

Some patients who come to the endoscopy unit are asked to participate in a research study. If you are asked to participate, the study purpose and procedures will be explained to you. You have the right to decline participation. Declining participation will not affect the interest the doctors have in your care. The doctors at the endoscopy center are typically involved in research studies on how to improve endoscopy.

Prep Instructions for Colonoscopy – MiraLax

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day of your colonoscopy
<p>Read all prep instructions.</p>	<p>CLEAR LIQUIDS AFTER 6PM NO SOLID FOODS NO ALCOHOL Complete forms sent from the endoscopy department. List all current medications, find insurance cards, get names and addresses of the physicians you want to receive a copy of your <u>procedure report</u>. Obtain bowel prep products from your pharmacy:</p> <p>One 238 gram bottle of MiraLax</p> <p>6- Dulcolax (bisacodyl) laxative tablets.</p> <p>2- 10 ounce bottles of magnesium citrate</p> <p>Two 32 ounce bottles of Gatorade, any flavor (not red or purple in color). 4 gas tablets (gas tablets are Gas-X or Mylanta Gas.)</p> <p>4pm- take 2 Dulcolox tablets with water 6pm-drink one 10 ounce bottle of Magnesium Citrate</p>	<p>CLEAR LIQUIDS ONLY NO SOLID FOOD NO ALCOHOL</p>	<p>CLEAR LIQUIDS ONLY 6 HOURS BEFORE PROCEDURE (OTHER THEN COMPLETING THE MIRALAX PREP) NO SOLID FOOD NO ALCOHOL</p> <p>You may take your prescribed morning medications with water.</p>

<p>Contact prescribing physician for instructions on dosage of blood thinners.</p>		<p>Clear liquids ALL DAY (attached)</p> <p>Drink an extra 8 ounces of clear liquid every hour while awake. Gatorade is preferred.</p> <p>Mix 1/2 of the MiraLax 238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator.</p> <p>4pm Take 4 Dulcolax tablets with water and continue clear liquids.</p> <p>5pm- 1 10 ounce bottle of magnesium citrate</p> <p>6pm Begin drinking the Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.</p> <p>9pm Take 2 gas tablets with 8 ounces clear liquid. (Gas-X or Mylanta Gas)</p> <p>10pm Take 2 gas tablets with 8 ounces clear liquid</p>	<p>4-5 hours before the time your procedure is scheduled, take the second 32 ounce bottle of Gatorade/Miralax solution.</p> <p>If your procedure is scheduled in the early morning, you'll need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.</p> <p>Have nothing else to eat or drink 6 hours before your procedure EXCEPT to take heart and blood pressure meds with a sip of water</p>
<p>Stop herbals, vitamins and oral iron supplements.</p>	<p>Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen). Celebrex and Tylenol are OK to use.</p>	<p>YOU ARE ENCOURAGED AND MAY DRINK CLEAR LIQUIDS ONLY UNTIL 6 HOURS BEFORE YOUR PROCEDURE</p>	<p>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</p>
<p>Arrange for a driver for your procedure.</p>	<p>Confirm that you have a driver to take you home following your procedure.</p>	<p>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</p>	<p>Your driver must remain in the waiting room during your procedure.</p>

NOTE: You must take BOTH 32 ounce bottles of the Gatorade/MiraLax solution as directed to clean your bowel adequately. If you are passing clear liquid you must still take the entire dose the day before your procedure.

If you think the prep is not working, please call 317 817-8052 during the day or 317-755-6267 after business hours.

Do not take more than a 238 gram dose of MiraLax.

Clear Liquid Diet

As a rule – if you can see through it, you can drink it.

Gatorade is the preferred clear liquid (no red or purple)

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, PowerAde (no red or purple)

Clear soup, broth or bouillon

Popsicles (no red or purple)

Tea or coffee without cream

Hard candies

Soda pop, 7-Up, Sprite, regular or diet Pepsi or Coke, ginger ale, orange soda (no red or purple)

Jell-O (no red or purple)