

## MIRALAX BOWEL PREP INSTRUCTIONS (2-DAY PREPARATION)

Patient Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

\*Please note: A colonoscopy may need to be rescheduled for an inadequate prep.

### Medications- Beginning one week before your procedure:

- If you are taking iron or any vitamin supplements containing iron, stop these 5 days before your appointment. Stop fish oil, ibuprofen (Motrin, Advil), naproxen (Aleve), or other blood thinners at least 5 days before the appointment. (Stop taking Aspirin **325mg**, okay to continue Aspirin **81mg**)
- If you are taking **Warfarin (Coumadin)** contact your physician about stopping or taking an alternative. **You need to be off of these medications beginning 5 days before your procedure. DO NOT stop your warfarin (Coumadin) without speaking to your physician first.**
- If you are taking **Clopidogrel (Plavix)** contact your physician about stopping or taking an alternative. **You need to be off of Plavix beginning 5 days before your procedure. DO NOT stop your Clopidogrel (Plavix) without speaking to your physician first.**

### Please Note:

If you are a diabetic and using insulin, **please reduce by half your morning dose of long acting insulin on the day of the procedure.** If you are on oral diabetic pills, use half the dose on the day of the procedure. If you have further questions or concerns about your insulin management please contact your primary care provider for further instructions.

### PURCHASE THE FOLLOWING AT YOUR PHARMACY:

- Buy a 238-gram bottle of Miralax **AND** a 119-gram bottle of Miralax powder (over the counter)
- One (1) small box/4 tablets of Dulcolax (5mg each) (bisacodyl) tablets (over the counter)
- 96 oz. of Gatorade or Gatorade-2 (or three 32 oz. bottles of Gatorade)to mix with the Miralax
- You may want to purchase Tucks pads or Desitin cream to help reduce anal soreness during your bowel prep

**TWO (2) DAYS BEFORE THE COLONOSCOPY/PPROCEDURE:**

**Step 1: NO SOLID FOOD**

- Begin a liquid diet the morning of: \_\_\_\_\_, and continue with **clear liquids only** for the entire day. (See the attached list for liquids that you may have) Do not have any liquids you cannot see through. You cannot have any SOLID FOODS until after your procedure. Drink plenty of extra liquids throughout the day. Please avoid clear liquids with red dye (red Jell-O, red popsicles). The more clear liquids you drink, the cleaner your colon will be for the procedure.

**Step 2:** At 6:00 PM on the same day, mix 119 grams of Miralax with 32 ounces of Gatorade. Shake until the Miralax has dissolved. Drink a glass (8 oz.) of the Miralax solution every 10-15 minutes until you are finished. This process should be completed within 3-4 hours.

**ONE (1) DAY BEFORE YOUR COLONOSCOPY/PROCEDURE:**

**Step 3: NO SOLID FOOD**

- Continue your liquid diet. You cannot have any solid food on this day.
- At 4:00pm on \_\_\_\_\_, take 4 Dulcolax (Bisacodyl) tablets (each tablet is 5mg, total of 20mg)

**Step 4:** At 6:00pm mix the entire 238-gram bottle of Miralax in **64 oz.** Gatorade or Gatorade-2. Shake the solution until the Miralax has dissolved. Drink one glass (8 oz.) of the Miralax solution every 10-15 minutes **until half the solution is gone**. Refrigerate the remainder of the prep solution.

**Step 5:** Your scheduled procedure time is \_\_\_\_\_. **Five (5) hours BEFORE** your scheduled procedure time start drinking the remaining 1/2 of the Miralax solution. **This must be completed within two (2) hours.** To prevent any perianal skin discomfort you may want to apply a soothing ointment such as Desitin or A&D Ointment.

Continue with clear liquids as needed **until THREE (3) hours before your scheduled procedure time.**

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### Other things to remember the DAY OF THE PROCEDURE:

- Take your other prescription medications (except those noted above) with small sips of water. Call your doctor if you have any questions about which medications you should or shouldn't take the morning of the procedure.
  - **Please bring a list of your current medications** with you to the procedure for the nurse to review.
    - **No further liquids may be consumed for THREE (3) hours prior to procedure or the procedure will need to be canceled / rescheduled.** Stop drinking liquids at \_\_\_\_\_.
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Because you will receive sedating medications/narcotics during your procedure, **it is required by law that you have a responsible adult accompany and drive you home. This is because your judgment and reflexes may be impaired, you may be somewhat groggy and dizzy, and may feel tired for about 24 hours after your procedure.** A taxi is **NOT** acceptable and many transportation companies will not take responsibility. **If you do not have anyone to care for you the day of your procedure, please notify the staff so we can reschedule the procedure on a day you have someone available.**

Thank you for choosing us for your health care needs!

If you have questions or concerns please call **Valerie at 513-475-7502**

You may be contacted by a nurse at West Chester Hospital to review your medical history prior to your procedure.

### COLONOSCOPY: A SAFE DIAGNOSTIC CANCER SCREENING TOOL

This is a frequently performed and safe endoscopic procedure to find the cause of common symptoms such as diarrhea, constipation, abdominal pain, rectal bleeding, and other gastrointestinal problems. Recently colonoscopy has been found useful to screen both men and women who are 50 years of age and above for early signs of colon cancer. The very reason it is used in such large numbers of normal people is that it is a relatively safe procedure. The endoscope is a flexible tube with a camera inside to project a color image of the colon on a TV screen.

**Nature of the procedure:** You will have to follow a colonoscopy prep regimen (clear fluids and laxatives) the day before your colonoscopy. When you are in the procedure room, you will receive intravenous sedatives, which help you to relax and sleep during the procedure. Many people do not recall the procedure due to these medications. Once you are relaxed, a liberally lubricated endoscope is gently introduced into the rectum. The doctor will advance the instrument to the end of the colon. Biopsies of the inner lining of the colon and removal of polyps may be performed during this process. The procedure lasts between 20-60 minutes, followed by a recovery period of approximately 15-30 minutes. You will be discharged when fully awake and in the company of your friend or relative. Because you have been given sedatives, you should not drive for 24 hours following your procedure. Your physician will be happy

to answer your questions prior to the procedure. After the procedure is over, the doctor will explain the results and treatment to you and your friend or relative.

**Sedation:** Intravenous sedation is given to help maintain your comfort during the procedure. You may sleep throughout the procedure, or you may be intermittently awake. You may not recall any of the procedure, or you may recall parts of the procedure afterwards.

**Benefits of the procedure:** Colon cancer screening – Colon cancer is a common cancer for both men and women (6% of the population has colon cancer). If there is a relative with colon cancer in your family, the risk for other relatives increases 2-3 times. Colon cancer arises from a smaller abnormality called a polyp. Polyps are very common with 30-40% of the population having polyps. A polyp usually takes 8-10 years to grow into cancer. This gives enough time to inspect the colon and remove the polyps. A polyp removal is a simple endoscopic procedure. A screening colonoscopy is therefore not only diagnostic but also involves treatment. Removing polyps has been shown to significantly prevent colon cancer related deaths.

**Safety:** A colonoscopy is safe. Complications of the procedure are rare-intestinal bleeding after a polyp removal is reported in 0.7-2.5% of cases. The most serious complication is bowel perforation and is reported in 0.25-0.4% and requires immediate surgery. Sedation can rarely lead to complications, such as slowed breathing. Your doctor will talk with you about the risks and benefits of colonoscopy.

**Colonoscopy and Insurance:** Screening or Diagnostic: With changes in health care laws, many insurance companies, including Medicare, are required to cover the entire cost of preventative services, such as colonoscopies. You should always check with your insurance company to determine what they cover. A screening colonoscopy is performed for patients who do not have any symptoms (such as blood in the stool, anemia, abdominal pain, change in bowel habits), and are of the recommended age for screening (generally above the age of 50), who do not have a personal history of colon cancer or colon polyps, and are getting a colonoscopy at the recommended screening interval (every 10 years). If you are at higher risk for colon cancer, such as if you have a family history of colon cancer, the insurance company may or may not consider the colonoscopy to be a screening procedure. If you had a colonoscopy less than 10 years ago, if you are younger than 50, if you have symptoms, or if you have had colon cancer or colon polyps in the past, your insurance company may not consider a colonoscopy to be a screening procedure. Many times, at the time of the screening colonoscopy, a polyp may be found or a biopsy taken. Generally if the original indication for the colonoscopy was for screening, it will still count as screening even if a biopsy is done, but this varies with different insurance companies. You may be required to pay deductibles or copays for pathology or lab services. A diagnostic colonoscopy is done because of worrisome symptoms, such as blood in the stool, abdominal pain, anemia, or change in bowel habits. A surveillance colonoscopy is generally done in patients who have a personal history of polyps or cancer or another diagnosis, and is being performed more frequently than every 10 years. Insurance companies differ as to whether they consider this to be screening or diagnostic. We encourage you to contact our office to determine if your colonoscopy is a screening procedure or a diagnostic procedure. You should always contact your insurance company to determine your benefits. For questions regarding billing or insurance, please call our office at 513-475-7860.

## Clear Liquid Diet

A clear liquid diet consists of anything that you can see through and is the consistency of water at room temperature.  
Please avoid drinks with red dyes.

Tea/Ice tea

Apple Juice

Coffee (black)

White Cranberry Juice

Sodas

Cranberry-Apple Juice

Water

Cranberry-Grape Juice

Slushiest

Grape Juice,

Gatorade/PowerAde

Pedialyte

Ensure Clear

Jell-O (no red)

Popsicles (no red)

Clear broth of any kind: beef broth, chicken broth, vegetable broth