

Miralax - Colonoscopy Preparation Instructions

Appointment Date: _____ Check In Time: _____

You will need:

- 1 Bottle of Miralax (Glycolax) 238 grams polyethylene glycol (PEG) available in the laxative section of your pharmacy.
- **Optional** for those with constipation:
2 Dulcolax (Bisacodyl) laxative 5mg tablets also available in the laxative section of your pharmacy.

Special Medication and Diabetic Directions: See separate instructions.

One week before

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

Optional: If you are generally constipated, you should take 2 (5mg) Dulcolax tablets at bed time.

1 Day Before Colonoscopy

AFTERNOON PROCEDURE

Begin Clear Liquid Diet NO SOLID FOOD after midnight. NO SOLID FOOD. water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

4:00 PM: Mix the 238 gram bottle of Miralax with 64 ounces of cold Gatorade or clear juice in a pitcher. Shake the solution to mix thoroughly.

Drink half of the container over 2 to 3 hours (one glass every 10 to 15 minutes). Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again and go slower. Put the remaining half in the refrigerator.

Day of Colonoscopy

Take your regular morning medications at least 4 hrs before your check in time.

6:00 AM: Drink the remaining half of the Miralax. Finish drinking within 2 – 3 hours.

You may not have anything by mouth including prep the 4 hours before check in.

No Food.

No Drink.

4 hours.

If these instructions have not been followed your appointment may be delayed or cancelled.

Frequently Asked Questions

What if I have major medical changes between the time I schedule my procedure and procedure dates?

Please call our office nursing staff as soon as possible so we can make any adjustments to new medications or change your prep if necessary. If you are having heart issues, you may need to delay your scheduled procedure until your cardiologist feels it is safe.

What if I accidentally take my vitamins within 7 days of my procedure?

If you take potassium or folic acid with your prescription medications please continue. If you take multi-vitamins by accident, just don't take any more. If you are taking an IRON pill, call our office. You may need to reschedule your procedure.

Do I need to drink all of my laxative preparation ?

Yes, it is very important so we can see any polyps or abnormal tissue. If you do not follow the preparation correctly we could miss a polyp and you may have to repeat the procedure.

Helpful Hints

You can apply "Vaseline" or "Desitin" diaper rash cream to the anal area before you start drinking your laxative to prevent irritation. Reapply the ointment after each bowel movement. You may also want to purchase moist bathroom wipes or "Tucks" wipes to help with irritation in between bowel movements.

Drink plenty of water during your preparation to keep from getting dehydrated.

See our web site for more information about our clinic and physicians www.salemgastr.com

OUR LOCATION



875 Oak St. SE • Salem, OR 97301

We're in building "C", Suite 3095 (3rd floor)

503-399-7520 option #2 Mon-Fri 7:30 am - 4:00 pm

Financial Information

You will receive more than one bill when you have an endoscopic procedure. You will receive a bill from:

Salem Gastro (for physician services and in some cases histology services)
Salem Endoscopy Center or Salem Hosp.
Pacific Pathology
Anesthesia provider

It is the patient's responsibility to know if their insurance plan has specific rules or regulations which require referral pre-certification, authorization, co-payment or deductible. Does your insurance plan have limits on outpatient charges or limit you to specific physicians, providers, hospitals, laboratory, or outpatient services? Call your insurance company and ask if Salem Gastro and its physicians are covered under your insurance plan.

Endoscopic Procedures

Most outpatient procedures are performed at Salem Endoscopy Center, however if your physical health condition requires additional care, your procedure will be performed at an outpatient hospital facility.

72 hour notice is required to cancel or reschedule your procedure. A missed appointment or a third rescheduled appointment is subject to a \$100 fee.

If your colonoscopy has been scheduled for screening (you have no symptoms with your bowels), and your doctor finds a polyp or tissue that has to be removed during the procedure, then it is no longer considered a screening colonoscopy. The procedure is then considered diagnostic and may change your insurance coverage.

If you have any concerns, please call our office.

503-399-7520

Mon-Fri 7:30 am - 4:00 pm

SalemGastro

Digestive Health Specialists



One week before

Medications & Diet:

Please read carefully!

Stop taking IRON pills, vitamins or herbal supplements in pill form one week prior to your procedure.

Take your usual prescription medication during the preparation UNLESS stated by your physician.

You may take Aspirin, Ibuprofen, Excedrin, and Tylenol if needed.

Exception: Ask for special instructions if you take major blood thinners such as: Coumadin, Warfarin, Plavix, Aggrenox, Effient, Xarelto or Ticlid.

Diabetic medications & Insulin:

Type II – Take a half dose of your diabetic medications day before exam and no diabetic medications day of exam.

Type I – Contact your endocrinologist for special instructions.

Avoid eating food with seeds, flax seed, popcorn, nuts, and berries because they can clog the colonoscope. If you accidentally eat some, drink additional clear liquids during your prep.

Remember

- Bring your insurance cards
- Bring your current medication list with dosages and frequency, and drug allergy list.
- Bring your estimated payment

You must bring a licensed driver that can wait in our lobby while you have your procedure. With your permission, the physician will go over the procedure, results, and discharge instructions with your driver before you leave.

Since procedure times vary significantly, if your driver brings you to the appointment they should wait in our waiting room or if necessary return 30 minutes after your procedure start time. You cannot take a bus or walk home or operate heavy machinery. Do not drive until the following day.