

Colonoscopy Preparation / Miralax

***HOLD COUMADIN /ASPIRIN / PLAVIX/ XARELTO / ELIQUIS / BRILLINTA / PRADAXA FOR ___ DAYS BEFORE YOUR PROCEDURE.**

***PLEASE HOLD ANY GLP1 MEDICATIONS SUCH AS WEGOVY, OZEMPIC, MOUNJARO ETC FOR 1 WEEK PRIOR TO PROCEDURE. AVOID ANY RAW VEGETABLES FOR 1 WEEK PRIOR. YOU MAY HAVE COOKED VEGETABLES AND RAW FRUIT.**

Grocery List:

- You will need to purchase: 4 Dulcolax 5mg laxative tablets
- 1 Bottle of miralax (238gram bottle)
- 2 bottles of Gatorade or Powerade (NO RED OR PURPLE) (28oz each) to dilute the Miralax into

ONE DAY PRIOR TO PROCEDURE:

1. **Drink only clear liquids for breakfast, lunch and supper.** Clear liquids include: Clear broth or bouillon: beef or chicken. Coffee (NO CREAMER), Tea, Plain Jell-O, Popsicles and Italian Ice, Fruit Juices with NO PULP, Sports Drinks and Soda.
2. **DO NOT CONSUME ANY SOLID FOOD OR MILK OR MILK PRODUCTS. NO RED OR PURPLE COLORED PRODUCTS/ DO NOT CONSUME ANY ALCOHOL OR RECREATIONAL DRUGS 24 HOURS PRIOR TO YOUR PROCEDURE.**
3. At 3pm- take 4 dulcolax 5mg laxative tablets.
4. At 5pm-Mix the Miralax into the Gatorade or Powerade. Mix the solution until it dissolves completely. Your goal is to drink 8 ounces every 10-15 minutes. **Drink ¾ of the solution.**
5. Continue to drink clear liquids until bedtime for hydration.

ON THE DAY OF PROCEDURE:

- 4 hours before leaving home drink the remaining ¼ of the Miralax prep
- Arrive for your procedure at the scheduled arrival time.
- You will need a driver who can bring you, stay with you and drive you home after the procedure. If your driver cannot stay with you, your procedure will be cancelled. You will need to contact the office to reschedule.
- If you take blood pressure, heart, seizure, or thyroid medications in the AM, you MAY take these with a few sips of water. Hold all other medications until procedure has been completed.
- If you use inhalers, please bring them with you to your procedure
- Do not smoke or chew gum

IF YOU HAVE ANY QUESTIONS OR CONCERNS AFTER REVIEWING THESE INSTRUCTIONS, PLEASE CALL THE OFFICE AT 260-436-0259 BETWEEN 8AM AND 4:30PM MONDAY THRU FRIDAY.

FREQUENTLY ASKED QUESTIONS AND HELPFUL TIPS

What does a clear liquid diet consist of?

Water, Vitamin Water, Hot and Iced Tea, Coffee (no creamer), Pulp Free Juices, Kool Aid, Lemonade, Crystal Light, Gatorade, Powerade, Mountain Dew, Sprite, Ginger Ale, 7UP, Coke, Pepsi, Dr. Pepper (diet or regular sodas are fine), Chicken or Beef Broth or Bouillon, Jello, Popsicles.

The 4 “NO’s”

1. **NO** red or purple dyes
2. **NO** solid foods
3. **NO** milk or milk products (including whey)
4. **NO** alcohol or recreational drugs 24 hours prior to your procedure

HELPFUL HINTS

-Remove your prep from the refrigerator 30-45 minutes prior to drinking, this will help with excess gas and cramping.

-Use a straw to drink your prep.

-DO NOT mix your prep with carbonated beverages. Too much carbonation can lead to intense cramping and abdominal pain.

-Drink clear liquids throughout the day and while drinking the prep. This will help your body replenish electrolytes and avoid dehydration.

GOALS

-Drink the prep (8 ounces every 10-15 minutes) as instructed. This is not set in stone. The goal is to drink the prep as instructed, and to try to avoid prolonging the amount of time it takes to work.

-To have faint yellow to clear colored stools on the morning of the procedure.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT THE OFFICE AT 260-436-0259

WHAT IF I GET NAUSEATED OR VOMIT DURING PREP?

This is common and a normal feeling. Try waiting an extra 10 minutes before starting your next glass of prep. This generally resolves when your bowel movements start.

WHAT IF I GET BLOATED OR CHILLS DURING PREP?

This is common after the first few glasses due to the volume of liquids you are ingesting, and will resolve after bowel movements end.

WHAT IF I STILL HAVE SOLID STOOLS?

If you are still having solid stools prior to leaving for your colonoscopy, please call the office and let us know. We may ask that you do an enema before leaving home, or come early so we can assist you with an enema. If you are not prepped adequately, the colonoscopy WILL NOT be able to be completed.

WHAT CAN BE EXPECTED DURING THE COLONOSCOPY?

A colonoscopy is usually well tolerated and rarely causes pain. There can be a feeling of pressure or cramping afterwards that is usually relieved with passing gas.

WHAT ARE POLYPS AND WHY ARE THEY REMOVED?

Polyps are abnormal growths from the lining of the colon which can vary in size. The majority of polyps are non-cancerous, but it is difficult to tell from its outer appearance alone. Polyps are removed and sent to pathology for tissues analysis. You will receive a letter several weeks after your procedure, informing you of your results. The doctor will also discuss their thoughts with you during your recovery period before you are sent home.

WHAT HAPPENS AFTER THE COLONOSCOPY?

Your physician will explain your results to you. Your driver must take you home, and you cannot work or drive yourself anywhere the day of the procedure. Unless told otherwise, you can eat after your procedure, and your doctor will notify you if any restrictions are necessary.

WHAT DO I NEED TO DO FOR MY INSURANCE?

Our precertification specialist will contact your insurance company to see if a precertification or prior authorization is required for your procedure. They do NOT check eligibility, verify benefits, co-pay or co-insurance information. You should contact your insurance company prior to your procedure to check coverage and co-payment information.