

YOUR PROCEDURE LOCATION IS:  
1593 East Polston Ave. Post Falls, ID 83854

Scheduled for: \_\_\_\_\_

**Miralax Colonoscopy Prep Instructions – PLEASE READ CAREFULLY**

**IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS.**

**Failure to take the preparation as indicated may result in poorly cleansed colon and possible cancellation of procedure.**

**DON'T FORGET TO PURCHASE**

**MIRALAX POWDER, BISACODYL, and SIMETHICONE SOFTGELS**

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Purchase Miralax (238 gram bottle), bisacodyl tablets, and simethicone softgels. You will need four 5mg bisacodyl tablets and four 125mg simethicone softgels. Ask the pharmacist if you have trouble locating any of the medications. Generics OK   |
| <input type="checkbox"/> | Purchase 64 oz of Gatorade/Powerade or a similar sports-hydration drink. You will be mixing the Miralax powder in 64 oz of the clear liquid such as Gatorade. We prefer the use of a “sports drink” such as Gatorade due to its electrolyte content. |

**3-5 DAYS PRIOR TO YOUR EXAM:**

In order to reduce the risk of bleeding during or after your procedure, we ask that you stop any of the listed anti-clotting medications with the following timeline:

- Coumadin (Warfarin), Plavix (Clopidogrel), BRILINTA (ticagrelor) – 5 days prior to procedure
- Eliquis (Apixaban), Pradaxa (Dabigtran), or Xarelto (Rivavoxaban) – 3 days prior to procedure
- Aspirin **CAN** be continued. Please notify us if you have been advised to use Lovenox or Heparin prior to your colonoscopy.

**Please check with your prescribing doctor concerning your anti-clotting medication. If there are any issues with you stopping on the above timeline, please notify the office at 208-262-0945.**

- If you have diabetes, your primary care provider will advise you how to manage your medications prior to the colonoscopy (i.e. insulin).

**3 DAYS PRIOR TO YOUR EXAM:**

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin, as they may adversely influence the quality of your exam.

**2 DAYS PRIOR TO YOUR EXAM:**

- You may eat a regular dinner, but **stop eating solid foods after 5:00 pm.**
- You may continue to drink clear liquids. This means liquids you can see through such as apple juice, water, Sprite, Jell-O, Coffee (no creamer), tea, clear chicken or beef broth, Gatorade/Powerade, or Crystal Light. No milk or pulp products: Avoid anything with red dye.

**1 DAYS PRIOR TO YOUR EXAM:**

- **Restrict your diet to clear liquids. No solid food until after the procedure. Stay hydrated! It is important to drink as much fluid as you can throughout the day to avoid dehydration and help to flush your colon. Your total fluid in-take should be at least 200 ounces. Start drinking clear liquids as soon as you wake.**
- At 12:00 pm (noon) take the four 5 mg Bisacodyl tablets by mouth.
- At 3:00 pm mix the 238 gram bottle of MiraLax with 64 oz clear liquid (Preferably, Gatorade). Shake the solution until the MiraLax has dissolved. Then drink an 8 oz glass of the solution every 10-15 minutes until 3/4 of the solution is gone. At this time, take two of the simethicone softgels. If you become nauseated, you may need to slow the pace at which you drink. Put the remaining MiraLax solution in the refrigerator. Continue to drink clear liquids or water to stay hydrated.

**THE DAY OF YOUR EXAM:**

- **Remember not to have any food until after your procedure!**
- 8 HOURS BEFORE YOUR PROCEDURE TIME, finish drinking the MiraLax solution. At this time, take two more simethicone softgels. This might be late the night before if you have an early morning exam or early morning for later procedure times. After you have finished the last ¼ of prep, **drink 32 oz of water.**
- You may have only clear liquids up until **3 hours** prior to your procedure start time. We must insist on this “nothing by mouth” time for patient safety.  
**Do not have anything by mouth after this point (including gum or candy), as your stomach must be completely empty at the time of the procedure. NO TOBACCO PRODUCTS DAY OF PROCEDURE.**
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless otherwise instructed by your doctor. If you take insulin, take only 1/2 of your usual morning dose and bring the insulin with you to the procedure.
- You may take your usual medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 3 HOURS PRIOR TO YOUR PROCEDURE START TIME.**
- You may apply zinc oxide or petroleum jelly to anal area to prevent irritation. Baby Wipes or adult diapers may be considered.

**OTHER INFORMATION:**

- You must have someone available to drive you home after your colonoscopy.
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, 4-anesthesia
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable.
- Please remove all jewelry prior to arrival.

Avoid bringing valuables. **We will expect payment of co-pays, co-insurance and deductibles at the time of service.**

If you must cancel or reschedule your procedure, then you must give notice 2 full business days in advance. Cancellation fee may apply.

If you have any questions **during business hours** please call your doctor's office. After business hours you can call (208) 262-2398.