

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.

A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAN COLON!

DON'T FORGET TO PURCHASE

MIRALAX AND BISACODYL TABLETS

<input type="checkbox"/>	Purchase Miralax (238 gram bottle) and bisacodyl tablets. You will need four 5mg bisacodyl tablets. Ask the pharmacist if you have trouble finding Miralax or the bisacodyl tablets. 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.

5 DAYS PRIOR TO YOUR EXAM:

- Ideally, anti-clotting medications are stopped 5 to 7 days prior to your colonoscopy to reduce the risk of bleeding during or after your procedure. If you take anti-clotting medications such as **Coumadin, Plavix, Pradaxa, Effient, Brilinta, or Xarelto**, then please discuss these medications with the prescribing physician (i.e. cardiologist, neurologist, or primary care provider). You are on these medications for an important clinical reason (i.e. heart disease, cardiac stent, atrial fibrillation, stroke, mechanical heart valve, history of blood clots). **Please let us know if you are not allowed to stop these medications** or if you are advised to use Lovenox or Heparin prior to your colonoscopy.
- 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 7:00 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, clear 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!**
- At 12:00 pm (noon) take the four 5 mg Bisacodyl tablets by mouth.
- At 5:00 pm mix the 238 gram bottle of MiraLax with 64 oz clear liquid. 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. If you become nauseated, you may need to slow the pace at which you drink. Put the remaining Miralax solution in the refrigerator. You may 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!**
 - **AT LEAST 4-5 HOURS BEFORE YOUR PROCEDURE TIME**, finish drinking the Miralax solution. This may require you to get up in the middle of the night, if you have an early morning exam.
 - 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, as your stomach must be completely empty at the time of the 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.

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