

YOUR PROCEDURE LOCATION IS:

1593 East Polston Ave. Post Falls, ID 83854-East Entrance

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

**\*Your check-in time will be given the day prior to procedure.**

**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**  
**GATORADE, MIRALAX POWDER, DULCOLAX (BISACODYL), and GAS-X (SIMETHICONE SOFTGELS)**

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Purchase: <ul style="list-style-type: none"> <li><b>MiraLAX</b> (238-gram bottle) (needs to be laxative NOT the stool softener)</li> <li>5mg <b>Dulcolax</b> (bisacodyl tablets) x4 (needs to be laxative NOT the stool softener)</li> <li>125mg <b>Gas-x</b> (simethicone soft gels.) x4</li> </ul> Ask the pharmacist if you have trouble locating any of the medications. Generics OK |
| <input type="checkbox"/> | Purchase <b>64 oz of Gatorade/Powerade</b> or a similar sports-hydration drink. No blue, red, or purple dye.   |

**3-7 DAYS PRIOR TO YOUR EXAM:**

**Make arrangements to have a ride home after your procedure as this is required. No taxis or Ubers.**

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: **Please consult your prescribing physician prior to stopping these medications.**

7 Days Before Procedure	5 Days Before Procedure	3 Days Before Procedure	2 Days Before
<ul style="list-style-type: none"> <li>Plavix</li> <li>GLP-1 Agonists (If taken weekly) – Ozempic, Wegovy, Mounjaro</li> <li>Aspirin – Hold if &gt;325 mg</li> </ul>	<ul style="list-style-type: none"> <li>Coumadin</li> <li>Brilinta</li> <li>NSAIDS</li> </ul>	<ul style="list-style-type: none"> <li>Pradaxa</li> <li>Oral Jardiance, Farxiga, Invokana</li> </ul>	<ul style="list-style-type: none"> <li>Eliquis, Xarelto</li> </ul>

Please notify us if you have been advised to use Lovenox or Heparin prior to your colonoscopy.

**If there are any issues with stopping on the above timeline, please notify the office at 208-262-0945.**

**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:**

- Stop eating solid foods after 5:00 pm. Increase your fluid intake.**
- Drink clear liquids only. Clear liquids are those you can see through such as apple juice, water, Sprite, Jell-O, Coffee

(no creamer), tea, clear chicken or beef broth, Gatorade/Powerade (not blue, purple, or red) or Crystal Light. No milk or pulp products.

## 1 DAY PRIOR TO YOUR EXAM:

Continue with only clear liquids as soon as you wake. 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.

- At 12:00 pm (noon) take the four 5 mg Dulcolax (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.
  - 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 Gas-x (simethicone soft gels.) 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. You will drink the remainder of the solution 6-8 hours prior to your check-in time. (See below)

## THE DAY OF YOUR EXAM:

- No smoking, vaping, gum, candy, or mints after midnight.
  - 6-8 HOURS BEFORE YOUR CHECK-IN TIME, finish drinking the MiraLAX solution and take two more Gas-x (simethicone soft gels.) 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. YOUR BOWEL MOVEMENTS SHOULD BE CLEAR YELLOW LIQUID AT THIS POINT.*
  - You may have only clear liquids this morning. Absolutely nothing by mouth 3 hours prior to check in. We must insist on this “nothing by mouth” time for patient safety. You may take your medications as instructed by the nurse on your pre-op call with a small sip of water 3 hours prior to your check in.

**You must have someone available to drive you home after your colonoscopy - taxis and Ubers are not allowed.**

Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and driver’s license.

Please remove all jewelry prior to arrival and leave all valuables at home

If you are a diabetic, you will be given instructions on your pre-procedure call regarding your medications, for additional questions or concerns please contact your PCP. If you use an inhaler or portable CPAP, please bring it with you.

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) 262-0945.

**You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, 4-anesthesia**