

# Miralax Prep for Colonoscopy

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## Items Needed:

Four Dulcolax tablets

Purchase from pharmacy one 255 gram bottle of Miralax or generic equivalent

Purchase one 64oz. bottle of Gatorade. (NO RED FLAVORS)

## One week prior to procedure:

Stop taking blood thinning medications, including Coumadin, Plavix, Aspirin, or Aspirin containing medications, such as Goody's or BC Powders. Any form of Tylenol product is safe to continuing taking.

Stop taking iron and vitamins with iron 5 days before the colonoscopy.

Read and familiarize yourself with the preparation instructions below.

## Three days prior to Procedure:

Stop taking any anti-inflammatory such as Ibuprofen, Aleve, Motrin and Advil.

Discontinue fiber supplements, such as Metamucil, Citrucel, Benefiber, fiber-con, etc. You may continue to eat fiber-containing foods.

## One day before procedure:

Start on a clear liquid diet all day! Do not eat solid food of any kind.

Take your usual prescription medications (except iron). If you have Diabetes: You should take your diabetic medications at one half the usual dose. Monitor your blood sugar at your usual times.

Sometime between 12 Noon and 6:00pm take the 2 Dulcolax tablets. Please keep in mind that the cleansing process will take 4 to 8 hours or longer so plan your schedule accordingly.

Two hours after taking Dulcolax tablets mix the 255 gram bottle of Miralax in 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink 8 oz. every 15-30 minutes until the entire solution is gone. Continue to drink clear liquids until bedtime. If you become nauseated during the ingestion of the Miralax prep; stop the prep for 45 minutes then resume.

8pm take 2 Dulcolax tablets

Nothing to eat or drink after midnight.

## **On the day of the procedure:**

If you take heart or blood pressure medications, please take it early in the morning of your procedure with a small amount of water. If you are diabetic, please DO NOT take your diabetic medication on the day of your procedure (and check with your PCP or endocrinologist regarding diabetic medication). You will be sedated for the procedure. You must have someone drive you home after the procedure or it will not be performed. This is for your safety. You may not take a taxi by yourself or ride the bus.

## **PLEASE NOTE:**

- Attention Patients scheduled in Digestive Healthcare's Endoscopy Lab: Your driver must check in and wait for you in the Endoscopy waiting room. It generally takes 1 ½ - 2 hours for a procedure to be completed.
- Bring your insurance cards and picture ID with you.
- Bring a list of your medications.
- Leave your car keys and parking ticket with your driver.
- If you have any special needs please notify the staff prior to your procedure (Pacemaker, internal defibrillator, latex allergy, need interpreter).
- Wear comfortable clothes to your procedure. Please wear shoes that will remain on your feet (i.e. No flip flops, sandals or backless shoes)\*

**If you cannot keep your appointment you must call and cancel the appointment 72 hours prior to the appointment to avoid being charged a cancellation or no show fee of \$150.00.**

When you receive your statement from this procedure, there will be an invoice for the doctor's fee, an invoice for the endoscopy center (supplies and nursing care), anesthesia invoice for Propofol and you may receive a separate bill from the Pathology laboratory if biopsies are obtained.

If you have any questions regarding insurance or pre-certification, please call our billing office at 404-603-3543.

\*\*If your insurance does not cover this procedure and you have been notified that there is a deductible or Coinsurance that you need to pay, please bring a credit card (VISA, MC or AMEX only) or a check.

\*\*\*Digestive Healthcare of Georgia Endoscopy Center is Co-Owned by the physicians of Digestive Healthcare and Piedmont Hospital. \*\*\*