

Bozeman Clinic Colonoscopy MiraLAX Prep
Location: 931 Highland Blvd . Suite 3360 . 406-587-4242

Name: _____ DOB: _____ Clinic # _____

Date of Procedure: _____ Check-In Time: _____ AM / PM

Enrolled in Athena? _____ If not, please arrive at the clinic 15 minutes prior to your appt. time @ _____

IF procedure LATER THAN 2 PM: *okay to have small breakfast the morning BEFORE your colonoscopy.*

☐ Metformin / Insulin instructions (if applicable): _____

Day before: _____ Morning of colonoscopy: _____

☐ Radiology prior to procedure (difficult blood draws / IV's): Yes / No

If yes: call Radiology @ x1762 - Patient Registration @ _____ AM / PM

☐ Antibiotic (if applicable): _____

☐ Check with your insurance

☐ Driver - arrange for someone to take you home following your procedure.

☐ Approximate time you will be finished: _____ AM / PM

☐ **Bring socks**

A colonoscopy is an exam of the entire colon (large intestine). Your doctor will use a flexible tube called a colonoscope to see the inside of your colon on a video monitor. During the procedure, your doctor can remove a small sample of tissue (biopsy) for testing, remove a polyp (growth of tissue), and take photos of the inside of your colon.

Follow these instructions carefully. It is very important that your colon is empty for your colonoscopy. If there is stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have questions, contact your doctor's office.

☐ **1 Week Before Your Procedure** _____

Ask about your medications

If you take medications to thin your blood, such as to treat blood clots or to prevent a heart attack or stroke, or NSAIDs, ask the doctor who prescribes it for you when to stop taking it. Examples include:

<div>Warfarin (Coumadin)</div> <div>Dalteparin (Fragmin)</div> <div>Heparin</div> <div>Tinzaparin (Innohep)</div> <div>Enoxaparin (Lovenox)</div> <div>Clopidogrel (Plavix)</div> <div>Cilostazol (Pletal)</div> <div>Apixaban (Eliquis)</div> <div>Pradaxa (Dabigatran Etexilate)</div> <div>Xarelto (Rivaroxaban)</div>	<div>NSAIDs (non-steroidal anti-inflammatory drugs)</div> <div>Aspirin (Bufferin, Bayer, Excedrin)</div> <div>Ibuprofen (Advil, Motrin, Nuprin)</div> <div>Naproxen (Aleve, Naprosyn, Anaprox, Alfaxin, Midol Extended Relief, Vimovo)</div> <div>Celebrex (Celecoxib)</div> <div>Meloxicam (Mobic)</div> <div>Indomethacin (Indocin)</div> <div>Ketorolac (Sprix, Toradol)</div> <div>Peroxicam (Feldene)</div> <div>Nabumetone (Relafin)</div> <div>Famotidine and Ibuprofen (Duexis)</div> <div>Meclofenamate (Meclomen)</div> <div>Ketoprofen (Orudis KT, Oruvail, Actron)</div> <div>Sulindac (Clinoril)</div> <div>Etodolac (Lodine XL, Lodine)</div> <div>Fenoprofen (Nalfon)</div> <div>Diclofenac (Arthrotec, Cataflam, Voltaren, Cambia, Zipsor)</div> <div>Flurbiprofen (Said)</div> <div>Mefenamic Acid (Ponstel)</div> <div>Oxiprozin (Daypro)</div> <div>Tolmetin (Tolectin)</div> <div>Salsalate (Amigesic, Disalcid)</div>
<div>Fish Oil</div> <div>Ginkgo</div>	

Check with your doctor if you are not sure about a medication.

□ 1 Week Before Your Procedure _____

Avoid certain foods:

Starting 1 week before your colonoscopy, **do not eat fresh fruits and vegetables, whole kernel corn, grains or seeds, such as poppy or sesame, or nuts, and red meat.** These foods are hard to digest and may make it hard for your doctor to see during your colonoscopy.

You will receive a phone call from a colonoscopy nurse who will review the instructions in this guide with you and ask you questions about your medical history. The nurse will review your medications and tell you which to take the morning of your procedure (if any): _____

Purchase supplies

Purchase the supplies you'll need to prepare for your colonoscopy. You can buy all of these over-the-counter. You **do not need a prescription**.

- Dulcolax (Bisacodyl) 5 mg - 4 tablets (they are usually sold as a box of 10 tablets).
- MiraLAX (Polyethylene glycol) - 8.3 oz (238 grams)
- 64 ounces of any clear liquid of your choice
 - We recommend that you get a sports drink like Gatorade or Powerade to replace electrolytes that you will lose with the bowel preparation.
 - If you have diabetes, Smart Water is a good choice because it does not contain sugar.
- Additional clear liquids to drink **the day before your procedure - at least 8 ounces every hour while awake**.

□ 2 Days Before Your Procedure _____

If you tend to be constipated, take narcotic (opioid) medications, or have had a colonoscopy with a poor prep in the past:

- Take 1 capful (17 grams) of MiraLAX mixed with water at breakfast, lunch, and dinner.
- Follow a full liquid diet:
 - Yogurt (without any pieces of fruit)
 - Fruit juices
 - Soda
 - Broth or strained cream soups
 - Nutritional supplements (Ensure, Premier Protein, etc)
 - Ice cream, fruit ices (without any pieces of fruit)

If this does not apply to you, continue to avoid fresh fruits and vegetables, red meat, whole kernel corn, grains, seeds (poppy, sesame, etc.), and nuts.

□ 1 Day Before Your Procedure _____

Prepare your MiraLAX bowel preparation

On the morning before your procedure, pour all 8.3 oz (238 grams) of the MiraLAX powder into an empty container. Pour in 64 ounces of a **room temperature** fluid (e.g., Gatorade, Smart Water, etc). Mix the solution until the powder is dissolved. Place the MiraLAX prep in the refrigerator. Many people find it tastes better chilled. **DO NOT** mix the MiraLAX earlier than the morning before your procedure.

Start clear liquid diet FIRST THING in the morning (NO SOLID FOOD)

- Make sure to drink plenty of liquids other than water, coffee, and tea. Drinking enough liquids is an important part of your colonoscopy preparation. Try to **drink at least 8 ounces every hour while you're awake**.
- If you have diabetes, you should drink only sugar-free clear liquids and check your blood sugar levels often. If you have any questions, talk with your healthcare provider.

CLEAR LIQUID DIET:

- Clear fruit juices - white cranberry, apple, white grape
- Clear broth, bouillon, or consomme
- Soda
- Gelatin (such as Jell-o)
- Flavored ices, popsicles

- Tea or black coffee (preferably decaffeinated)

@ 4 PM - Start your bowel preparation

- **Take 2 Dulcolax (Bisacodyl) by mouth with a glass of water. Drink 8 oz. of the MiraLAX prep every 15 minutes for a total of 4 times** (swallow rapidly - do not sip). This is half the MiraLAX prep and will take 1 hour. Save the rest of the MiraLAX in the refrigerator until the second half of your prep.
- You will have consumed several glasses before experiencing a watery bowel movement and you may feel slightly bloated. Bowel movements usually begin within 1 hour of drinking the first half of the prep, however it may take longer for some people. You may experience nausea, abdominal fullness, and bloating. If this occurs, stop drinking temporarily, or drink each portion at intervals longer than 15 minutes until the symptoms subside.
- If you do not start having loose stools the evening before your colonoscopy, call 406-587-4242. After 7PM, call the hospital @ 406-414-5000 and ask for the Bozeman Clinic on-call doctor.
- Apply petroleum jelly (Vaseline) or A&D ointment to the skin around your anus after every bowel movement. This helps prevent irritation.
- **Continue to drink clear liquids (at least 8 oz.) every hour** to stay hydrated and flush out your colon.

@ 7 PM - Finish the prep

- **Take 2 Dulcolax (Bisacodyl) with a glass of water. Drink an 8 oz. glass of the MiraLAX prep every 15 minutes for a total of four times** (this will finish the bottle).
- **You can continue to drink clear liquids until MIDNIGHT before your scheduled arrival time. DO NOT eat or drink anything until after your procedure.**
- It is okay to brush your teeth the morning of your procedure, but make sure you do not swallow any fluid.
- **YOU MUST DRINK ALL OF THE SOLUTION TO ACHIEVE THE BEST RESULTS.**

□ Day of Your Procedure

- **DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.**

Our office is open **Monday-Thursday 8am-7pm** and **Friday 8am-5pm**. You may contact us during these business hours @ **406-587-4242** for any questions or concerns you may have regarding the preparation or procedure. If it after business hours or the weekend and you have urgent questions, you may contact the hospital @ **406-414-5000** and ask for the Bozeman Clinic on-call doctor to be paged.

Note: **Someone must accompany you and drive you home.**

If you need to cancel or reschedule your appointment, please call our office @ 406-587-4242 as soon as possible so that we may facilitate the filling of your appointment time. We appreciate your understanding.

Jan 2019 / joc