

Colonoscopy MiraLAX Prep Instructions
Bozeman Clinic . 931 Highland Blvd . Suite 3360 . #406-587-4242

Name: _____ DOB: _____ Clinic # _____
 Date of Procedure: _____ Check-In Time: _____ AM / PM
 Enrolled in Athena? Yes / No 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 **day BEFORE** your colonoscopy (by 7am)

- Metformin / Insulin instructions (if applicable): _____
 Day before: _____ Morning of colonoscopy: _____
- Radiology prior to procedure (difficult IV's / blood draws): Yes / No
 If yes: we will schedule you with Radiology @ x1762 - Patient Registration @ _____ AM / PM
- Antibiotic (if applicable): _____
- Check with your insurance:
 CPT codes: 43239 - EGD
 45378 - Colonoscopy
 45380 - Colonoscopy w/ biopsy
 45385 - Colonoscopy w/ polyp removal
- 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 @ 406-587-4242.

- 1 Week Before Your Procedure _____
 Ask about your medications - check with your doctor if you are not sure about a medication.
 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:

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

1 Week Before Your Procedure _____

Avoid certain foods:

Starting 1 week before your colonoscopy, do not eat fresh/raw fruits and vegetables, whole kernel corn, grains or seeds (i.e., poppy, sesame) 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 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 (for prep)

▪ 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 8-12 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/raw 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 8-12 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 consume

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 (some patients recommend “Depends” as a precaution). 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. **YOU MUST DRINK ALL OF THE SOLUTION TO ACHIEVE THE BEST RESULTS.**

- 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.
[If you are scheduled @ 2pm or later, you may continue to drink clear liquids until 6am the day of your procedure.]

Day of Your Procedure _____

- **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.

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 is 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.

Low-Fiber Diet for Colonoscopy Preparation

MILK & DAIRY	YES - OK to eat:	NO - AVOID THESE FOODS
	Milk	NO yogurt mixed with:
	Cream	nuts, seeds, granola
	Hot chocolate	fruit with skin or seeds (such as berries)
	Buttermilk	
	Cheese, including cottage cheese	
	Yogurt (restricted - check the "NO" column)	
BREAD & GRAINS	YES - OK to eat:	NO whole grains or high-fiber
	Breads & grains made with refined white flour (including rolls, muffins, bagels, pasta)	Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
	White rice	Whole grain bread, rolls, pasta or crackers
	Plain crackers (such as saltines)	Brown or wild rice
	Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	Bread or cereal with nuts or seeds
MEAT	YES - OK to eat:	NO tough meat with gristle
	Chicken	
	Turkey	
	Lamb	
	Lean pork	
	Fish or seafood	
	Eggs	
	Tofu	
LEGUMES	NONE ALLOWED!	NO - AVOID THESE FOODS
		Dried peas (including split or black-eyed)
		Dried beans (kidney, pinto, garbanzo/chickpea)
		Lentils
		Any other legume
FRUITS	OK to eat:	NO seeds, skin, membranes; or dried fruit
	Fruit juice WITHOUT pulp	Raw fruit with seeds, skin, or membranes (berries, pineapple, apples, oranges, watermelon)
	Applesauce	Any cooked or canned fruit with seeds or skin
	Ripe cantaloupe & honeydew	Raisins or other dried fruit
	Ripe, peeled apricots & peaches	
	Canned or cooked fruit WITHOUT seeds or peel	
VEGETABLES	OK for some if cooked or canned:	NO raw, skin, seeds, peel or certain other veggies
	Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)	Corn
	Potatoes without skin	Potatoes with skin
	Cucumbers without seeds or peels	Tomatoes
		Cucumbers with seeds or peel
		Cooked cabbage or Brussels sprouts
		Green peas
		Lima beans
		Onions
NUTS, BUTTER, SEEDS	OK to eat:	NO nuts or seeds:
	Creamy (smooth) peanut or almond butter	Nuts including peanuts, almonds, walnuts
		Chunky nut butter
		Seeds such as fennel, sesame, pumpkin, sunflower
FATS & OILS	OK to eat:	NO salad dressing made with seeds or nuts
	Butter	
	Margarine	
	Vegetable and other oils	
	Mayonnaise	
	Salad dressings made without seeds or nuts	
SOUPS	OK to eat:	NO:
	Broth, bouillon, consommé, strained soups	Unstrained soups
	Milk or cream-based soup, strained	Chili
		Lentil soup
		Dried bean soup
		Corn soup
		Pea soup
DESSERTS	OK to eat:	NO:
	Sugar	Coconut
	Salt	Popcorn
	Jelly	Jam
	Honey	Marmalade
	Syrup	Relishes
	Lemon juice	Pickles
		Olives
		Stone-ground mustard

CLEAR LIQUID DIET for Colonoscopy Preparation

One day before your colonoscopy, you will be on a clear liquid diet. These are examples of drinks you can include and what to avoid. Starting **the day before** your screening, **DO NOT** eat any solid food until after your colonoscopy.

CLEAR LIQUIDS & LIMITED LIGHT-COLOR DRINKS ONLY	YES - OK TO DRINK	NO - AVOID THESE
	Water	Alcoholic beverages
	Tea & black coffee without any milk, cream or lightener	Milk
	Flavored water	Smoothies
	Clear, light colored juices: apple, white grape, lemonade without pulp, white cranberry	Milkshakes
	Clear broth: chicken, beef, or vegetable	Cream
	Soda	Orange juice
	Sports drinks: Gatorade, Propel, Powerade (no red, purple or orange)	Grapefruit juice
	Popsicles without fruit or cream	Tomato juice
	Jell-O or other gelatin without fruit	Soup (other than clear broth)
	Boost Breeze Tropical Juice drink	Cooked cereal