

Colonoscopy MiraLAX Prep Instructions

Bozeman Clinic @ 1245 N. 15th Avenue, Bozeman, MT 59715 406.587.4242

Name: _____

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 12 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 (**previous difficulty w/ 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 - because we care about your safety and other drivers around you, AND because **it is against Montana State law to drive while under the influence of narcotics**, you will need to arrange for a driver to take you home. That driver will need to be in the Bozeman Clinic to sign for you following your procedure(s). If you are unable to find a driver and need to call a taxi, Uber, ride the bus, etc., you will need to wait in the waiting room or a clinic room for a designated amount of time.

Approximate time you will be finished: _____ AM / PM [See corresponding driver arrival time]

8am @ 9:30am 10:30am @ 12:15pm 12:45pm @ 2:15pm 3pm @ 4:30pm

▪ 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.

1 Week Before Your Procedure _____ [Date]

Check with your doctor if you are not sure about a medication. **If you take medications to thin your blood (i.e., treating blood clots, preventing heart attacks or strokes), NSAIDs, fish oil, or ginkgo, ask the doctor who prescribes it for you when to stop taking it.** [see more complete list on last page]

Approx. 1 Week Before Your Procedure(s) _____, you will receive a call from a scope nurse who will review the instructions in this guide, ask questions about your medical history, review your medications and let you know which meds to take or stop.

HYDRATE! Drink plenty of water and other liquids every day - avoid caffeinated liquids (1 cup of coffee / day is okay).

Supplies you'll need to prepare for your colonoscopy - no 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)

▪ **Recommendation:** 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 _____ [Date]

If you tend to be constipated, take narcotic (opioid) medications, or have had a colonoscopy with a poor prep in the past, follow a full liquid diet. Take 1 capful (17 grams) of MiraLAX mixed with water at breakfast, lunch, and dinner.

- 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 eat normally on this day.

1 Day Before Your Procedure _____ [Date]

- **Start clear liquid diet FIRST THING in the morning (NO SOLID FOOD unless scheduled @ 12pm or later).**
- 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. Add 64 ounces of a room temperature fluid (e.g., Gatorade, Smart Water, etc). Mix until the powder is dissolved. Place the MiraLAX prep in the refrigerator (if you prefer chilled). DO NOT mix the MiraLAX earlier than the morning before your procedure.
- 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.

Medication instructions: _____

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 ½ the MiraLAX prep and will take 1 hour to drink.
- 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 8-12 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).

▪ If scheduled

@ 8am – drink clear liquids until MIDNIGHT

@ 10:30am – drink until 3am

@ 12:45pm – drink until 5am

@ 3pm – drink until 8am

- **Consider using 'Depends' if you are a sound sleeper.**

Day of Your Procedure _____ [Date]

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-6pm 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 - please ask to speak to one of the scope nurses.

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. **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 filling your appointment time. We appreciate your understanding.**

Examples of medications / supplements to avoid 1 week before procedure 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 (Celicoxib)
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)
		Dolobid (Difunisal)