

Miralax Patient Instructions for Colonoscopy

From the pharmacy, pick up and purchase Miralax and Dulcolax Tablets (5mg)

PROCEDURE DATE: _____ **CHECK-IN TIME:** _____

*****Cancel 72 hours in advance to avoid any fees*****

Seven Days Before Your Procedure:

- Continue ALL of your routine medication as prescribed, **except:**
- **DO NOT** take iron pills or multivitamins containing iron.
- **DO NOT** take fiber supplements (e.g., Metamucil, Fiber Con, Citrucel, etc.).
- **HOLD** non-steroidal anti-inflammatory medications (e.g., ibuprofen, Advil, Motrin, Naprosyn, Alleve, Celebrex, Mobic, etc.). **You may take Tylenol.**
- **HOLD** aspirin or aspirin-containing products (e.g., Alka-Seltzer, Excedrin, etc.). Please consult with your prescribing physician.
- **HOLD** GLP-1 medications (Ozempic, Wegovy, Rybelsus, etc.). If taking daily hold the day of the procedure. If taking weekly hold 1 week prior to procedure. Contact your prescribing physician for approval to stop medication.
- If you are taking Coumadin, Lovenox, Heparin, Eliquis, Plavix, Effient or other blood thinners, contact your physician for specific instructions.

Five Days Before your procedure:

STOP eating nuts, popcorn, corn, seeds, peas, beans, quinoa, and salad.

One Day Before Your Procedure:

Adhere to a strict **CLEAR LIQUID** diet the **ENTIRE DAY** before your exam beginning when you wake up. **DO NOT** eat any solid food. **DO NOT** drink anything red or purple, alcohol, dairy products (milk, soy or almond milk).

Beverages: Water, Gatorade (sports drinks), clear soft drinks (7-up, Sprite, Ginger Ale), Propel, Vitamin Water, Strained fruit juices without pulp (apple, white grape juice, lemonade), tea or coffee (without cream or non-dairy creamer)
Clear Broth: chicken, beef or vegetable bouillon
Desserts/Misc: hard candies, Jell-O, popsicles, salt, sugar, honey, syrup

5:30 PM, Prepare Miralax prep (you can purchase OTC).

STEP 1: Empty 238 grams(8.3 oz) Miralax into 64oz Gatorade or Apple Juice. Mix to dissolve.

STEP 2: Every 15 minutes, drink 8oz until 32oz (1/2 of prep) is consumed over 1 hour.

STEP 3: Drink an additional 16oz of clear liquids of your choice over 1 hour.

Improving the taste: Refrigerating the prep is helpful. If desired, you may suck on lemon or lime slices and/or add sugar-free powdered flavor enhancers (e.g. Crystal Light) to the solution. Some people find that drinking the prep through a straw is helpful.

The Day of the Procedure:

5 hours before the scheduled check-in time of the procedure (6 hours if you take GLP-1 medications)
drink the other half of the Miralax prep (32oz) over 1 hour.

- You must adhere to all instructions and finish the entire prep to ensure the most complete examination.
If your colon is not well cleaned, the test may have to be re-scheduled.

Important: DO NOT DRINK ANY LIQUIDS, including sips, within 2 HOURS (4 hours if you take GLP-1 medications) of your CHECK-IN time otherwise your procedure may be canceled. Prior to that, you should take your essential morning medications (blood pressure, heart, asthma, and seizure medications). If you have diabetes, you should hold your oral diabetes medication on the morning of the test. If you use insulin, you should take one-half your usual dose on the day before the test.

Note: Feelings of bloating, cramping, and/or nausea are common, due to the volume of fluid ingested. If you experience nausea or vomiting, rinse your mouth with water, take a 30 minute break, and resume drinking the prep at a slower rate. These sensations are temporary and improve once bowel movements begin. Generally, most people have bowel movements within two hours of beginning the prep. Sometimes, there may be a delay of four to six hours before this occurs. Please be patient, and remember to stay close to a bathroom. Be sure to finish the prep. Tucks medicated wipes or baby wipes (alcohol and fragrance free) and soft toilet tissue (e.g. CharminPlus) may be used to minimize the expected anal irritation from wiping. Calmoseptine or Vaseline ointment may also be applied to the area around the anus, if desired

Things to remember the day of your procedure:

1. Bring a current **list of your medications, Photo ID and insurance card.**
2. You **MUST** have a driver, 18 years of age or older, who will accept responsibility for you and be present at discharge.
3. You are **NOT allowed to take a taxi, bus, Uber, Lyft or shuttle van.** If you do not have a responsible adult escort, your procedure will be cancelled. Ideally, your escort should be able to stay with you for several hours after the procedure in case you are still sleepy. Do not drive, sign legal documents, or consume alcohol for 24 hours.
4. You will be at the facility for **1 ½ - 2 hours** from check-in to recovery.

Billing Information:

You may receive a call up to a week before your procedure from the facility to verify insurance benefits and to provide you the amount of upfront collections that is to be paid on the day of your procedure if any.

Physician charges are separate from facility charges. If biopsies are taken, you may also receive two additional bills from the pathologist and the hospital laboratory. Preventative screening colonoscopy can only be billed for patients who do NOT have any symptoms or diagnosis, personal history or family history of colon cancer or polyps. An evaluation of any sign, symptom, or colorectal disease will be submitted as a diagnostic procedure. Therefore, out of pocket expenses may apply according to your insurance benefits.

Please call **(858) 453-5200** if you have any questions or concerns.