

MiraLAX Prep

Preparation Planner and Instructions

Name _____

Your colonoscopy/surgery will be performed by _____ M.D.

Date of colonoscopy/surgery _____ Arrival Time _____

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is usually biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Plan to be with us for a total of two to three hours. When you arrive, you will need to complete your paperwork and then change into a patient gown. The nursing staff will perform a brief assessment, plan an I.V., and take you into the procedure room where you will be sedated and undergo the colonoscopy. The colonoscopy itself takes about 15-30 minutes.

After the colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure. *By law, you cannot drive the rest of the day of the colonoscopy.* We advise you take the entire day off work.

A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for preparation completely, as outlined below. If you have any questions about the test or preparation, please do not hesitate to call our office.

It is important for you to bring a list of all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc.) you are taking and a list of any medications you are allergic to.

Purchase These Items Ahead of Time:

1. Four Dulcolax tablets (over the counter)
2. One 238-gram bottle of Mira LAX
3. Two 64-ounce bottles of Gatorade or Four 32-oz. (no red flavors)

GENERAL INFORMATION

- If you are taking **Coumadin (warfarin)**, or other **blood thinners**, contact us for specific instructions. **Aspirin** is usually Ok to take before the colonoscopy.

If you have a history of **heart valve** problems or valve surgery or need antibiotics before surgery, please notify us.
- Check with your insurance carrier if you would like to know what they pay for your procedure and that you understand your financial responsibility for the procedure. If you are having a colonoscopy for screening purposes (having no problems, but having the exam for preventative purposes), verify with your insurance company that "Screening Colonoscopy" (Z12.11) is a covered benefit. There should be a number on the back of your insurance card to call. Otherwise the Physicians Office will call for authorization.
- Make any needed arrangements to be off work or school on the day of the colonoscopy. *Please remember, by law, you cannot drive the rest of the day of the colonoscopy.*
- Read and familiarize yourself with the preparation instructions below.
- Please call us with any questions up to 330pm the day before procedure at 540-723-8778.

One day prior to your colonoscopy:

- Start on a **Clear Liquid Diet** when you get up and continue all day.

Clear Liquid Diet

Soups: Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé

Beverages: Tea, coffee (without cream/milk), Kool-Aid, carbonated beverages, Gatorade. *You may add sugar to coffee and tea but not milk or creamer.*

Juices: Apple, grape, strained lemonade, limeade, and orange drink. *Any juice that you can see through and has no pulp is acceptable.*

Dessert: Italian ices, popsicles, Jell-O, and hard candy.

- Do not drink red colored beverages or eat red Jell-O.
- No solid food of any kind the day of procedure !
- Throughout the day, make sure to drink at least eight glasses (two quarts) of fluids such as Gatorade or a similar product, preferably not only plain water.
- Take your usual prescription medications (except iron). If you are on **Coumadin or other blood thinners**, please make sure you **HAVE BEEN OFF** of them for at least **3** days prior to colonoscopy.
- **Diabetic Patients:** You may have your usual breakfast today and should take your diabetic medications. Monitor your blood sugar at your usual times.
- * Take four Dulcolax tablets by mouth with 32-ounces of Gatorade.
- ** Mix the 238-gram bottle of Mira LAX in 64-ounces of Gatorade. Shake the solution until the Mira LAX is dissolved. Drink over the course of 4-5 hours. (or until gone).
- ** **STARTING PREP EARLY IN THE MORNING IS BEST**

** - Drink an additional 32-ounces (when the 64 oz. mixture is finished) of any clear liquid over the next 1 to 2 hours or until gone.

REMEMBER TO REMAIN CLOSE TO TOILET FACILITIES!

You may continue to have clear liquids until midnight. After midnight, do not eat or drink anything except the colonoscopy prep (if you still have any left) and you should take your medications with sips of water.

The day of your colonoscopy:

- Continue with all your usual prescription medications. Please be sure to take any blood pressure or heart medications the morning of the test with a sip of water.
- **Diabetic Patients:** Do not take your diabetes pills today but bring a dose with you to take after your colonoscopy. If you are on Insulin, take ½ of usual NPH and no regular insulin. Bring the remaining doses with you to take after your colonoscopy.
- When you are ready to leave, your designated driver will take you home where you can eat and relax the rest of the day. You will receive specific instructions about eating, activities, and medications before you leave.

FREQUENTLY ASKED QUESTIONS:

- 1. Is there any way that I can make this taste any better?**
You can try rinsing your mouth with water or a mouthwash. Do not eat or drink anything while you are drinking this solution.
- 2. Why avoid red liquids?**
The red color can persist in the colon and potentially look like blood.
- 3. One of the medications I was instructed to take the morning of my procedure is red. Can I take it?**
Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.
- 4. I feel like vomiting and do not think I can drink any more. What should I do?**
It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes and begin drinking solution again. If you are unable to continue call Office first thing the following morning to reschedule.
- 5. I drank a lot of the solution and have not gone to the bathroom yet. What should I do?**
Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.
- 6. I am taking the prep and am now having loose, watery stools. Do I still need the rest of the prep?**
Yes, you may have solid stools higher in the colon that needs to be eliminated.
- 7. I already have diarrhea before taking the prep, do I still have to take the laxative?**
Yes, you must take the prep as directed by your doctor. Your colon is approximately six feet long. The entire colon must be emptied for the physician to see the colon clearly.
- 8. I see yellow color in the toilet bowl and a few flecks. What do I do?**

If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.

9. My bottom is so sore. What can I do?

To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Desitin liberally.

10. Can I drink alcoholic beverages?

We strongly suggest that you do not drink any alcoholic beverages prior to your procedure since they can cause dehydration and some wines may thin your blood.

11. Can I drink any nutritional supplements?

You may drink Ensure (chocolate or vanilla) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based, not milk based.

12. Can I chew gum or suck candy?

NO

13. What if I am still passing stool the morning of my test?

Take a tap water enema until you run clear. If this does not work, call the office.

14. Can I brush my teeth?

Please do.

15. Can I wear my dentures?

Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.

16. I have been instructed not to take anti-inflammatories or blood thinners several days before the procedure. What can I take for headaches and pain relief?

You may take Tylenol as directed.

17. Can I have chicken soup?

You can only have the broth; no noodles, chicken, or vegetables allowed.

18. Can I have the colonoscopy if I am on my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).

19. Can I use disposable wipes?

Yes