

## **“MiraLax” Colonoscopy Preparation for Afternoon Exam**

Your colonoscopy is scheduled \_\_\_\_\_ at \_\_\_\_\_ PM with Dr. \_\_\_\_\_.  
Your check-in time is \_\_\_\_\_ PM (one hour prior to exam time).

You must have someone available to drive you home after your colonoscopy. If you are planning to take a taxi home, then a friend or family member must accompany you. Plan on spending 1½ -2 hours at the facility

**IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS. A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAN COLON!**

### **SEVERAL DAYS BEFORE COLONOSCOPY**

- Call our office for specific instructions if you take insulin or blood thinners such as Coumadin (Warfarin), Pradaxa, or Effient.
- Purchase Miralax (238 gram bottle) and 4 bisacodyl tablets (5 mg each). Ask a pharmacist if you have trouble finding bisacodyl (Dulcolax) tablets.
- Purchase a variety of clear liquids. See page 2 for more information regarding clear liquids. You will be mixing the Miralax powder in 64 oz of a clear liquid such as Gatorade, water or Crystal Light. We prefer that you use a “sports drink” such as Gatorade due to its electrolyte content.
- You may also want to purchase petroleum jelly or another type of barrier ointment to apply to your anal area between frequent bowel movements.
- **AVOID** high fiber foods **3 days prior to your colonoscopy** (NO nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with skin).

### **THE DAY BEFORE THE COLONOSCOPY**

1. You may take your regular medications, unless otherwise directed.
2. Do not eat ANY solid food today.
3. Drink only clear liquids. See page 2 for more information regarding clear liquids. Drink as much as you can tolerate. This will prevent dehydration and improve the quality of the colon preparation by flushing the stool from the colon.
4. **At 2 P.M. take 4 Bisacodyl tablets.** Prepare the MiraLax solution by mixing the 238 gram bottle with 64 oz of clear liquid. Shake the solution until the MiraLax has dissolved then refrigerate.
5. **At 6 P.M.** begin drinking the MiraLax solution. Drink 8 oz every 10-15 minutes until you have finished approximately ½ of the solution. If you become nauseated then you may need to slow the pace at which you drink. Put the remaining MiraLax solution in the refrigerator.

### **DAY OF THE COLONOSCOPY**

1. **Five hours prior** to your check-in time, drink the other half bottle of MiraLax solution.
2. Take your morning medications, unless otherwise directed. No solid food until after the colonoscopy.
3. Continue only clear liquids until **4 hours before your procedure time**. Do not have anything by mouth after this point, as your stomach must be completely empty at the time of the procedure.
4. You should now be passing liquid “stool” from your rectum. It should look clear yellow or green without particles of solid matter. Please call our office for additional instructions if you are not.
5. Relax. Your exam will be over soon!

SEE NEXT PAGE

## **OTHER INFORMATION:**

- You will receive 2-3 bills: facility fee, professional fee, & possibly pathology fee (if biopsies necessary).
- Check with your insurance company to find out what your out-of-pocket expenses may be.
- If you must cancel or reschedule your procedure, then you must give notice **1 full business day** in advance. Failure to do so will result in a \$75 cancellation fee.
- Please call (801) 263-3041 with questions.

## **CLEAR LIQUID DIET:**

Water	Flavored drink mix (lemonade, lime, orange flavors only)
Chicken or beef broth	Frozen ice pops (no ice cream or sherbet)
Soft drinks/soda	Fruit juices without pulp
Hard candies	Jell-o (lemon, lime or orange only; no fruit or toppings)
Tea	Coffee without cream/milk

Don't drink or eat anything colored red or purple. Skip alcoholic beverages while you prep.

## **YOUR EXAM IS SCHEDULED AT ONE OF THE FOLLOWING LOCATIONS:**

\_\_\_\_\_ **Wasatch Endoscopy Center.** 1220 East 3900 South, #1B (in the central medical building of St. Mark's Hospital). Call (801) 281-3657 Monday-Friday 9AM-4PM to pre-register 1-2 days prior to your appointment. On the day of your procedure, enter through the canopied "Emergency" entrance on the north side of the hospital. Wasatch Endoscopy Center is the first door on your left.

\_\_\_\_\_ **Intermountain LDS Hospital.** 8<sup>th</sup> Avenue and C Street, Salt Lake City. Parking is available in the covered parking lot across the street from the hospital. Endoscopy is located on the first floor of the hospital. One to five days before your procedure at **LDS Hospital**, call (801) 314-4395 or toll-free (888) 269-8674 Monday-Friday 7AM-8PM or Saturday 8AM-5PM to pre-register. If you wish, you may complete the on-line assessment form prior to your procedure at: [www.intermountainhealthcare.org/surgery](http://www.intermountainhealthcare.org/surgery).

\_\_\_\_\_ **St. Mark's Hospital Endoscopy.** 1200 East 3900 South. Call (801) 268-7341 Monday-Friday 9AM- 4PM to pre-register 1-2 days prior to your appointment. On the day of your procedure, check-in at the registration desk inside the main entrance of the hospital.

\_\_\_\_\_ **Intermountain Alta View Endoscopy.** North Specialty Center, 9450 S. 1300 East. Please call 801-442-8600 Monday-Friday 7AM-8PM or Saturday 8AM-5PM to pre-register. If you wish, you may complete the on-line assessment form prior to your procedure at: [www.intermountainhealthcare.org/surgery](http://www.intermountainhealthcare.org/surgery).