

Miralax Prep

Your procedure has been scheduled with **Dr. Jones / Dr. Silverblatt / Dr. Sadana / Dr. Bryant / Dr. Mehta / Dr. Anderson** at:

Advanced Endoscopy Center, PLLC ~ 360-576-5060

2415 NE 134th Street, Suite 205

Vancouver, WA 98686

For the Colonoscopy you will be doing what is called a Miralax prep. The miralax prep will be consumed the day before your procedure and the day of the procedure. Please review entire instructions a week before your scheduled procedure.

Since conscious sedation is usually given during the procedure, **you need to make transportation arrangements for the day of your procedure.**

You should not drive, operate any type of machinery, or make any serious decisions until the day after your procedure.

We do not allow transportation by taxi or bus, unless accompanied by an adult.

The GI clinic can give you a resource to some numbers to set up medical transport if needed.

MIRALAX BOWEL PREP-

Purchase at any pharmacy (no prescription needed)

Bisacodyl or Dulcolax 5mg laxative tablets (4 tablets)

Miralax (238 g bottle)

64 oz clear drink

No red, orange or purple liquids

Chewable Gas-x 80mg tablets (will need 6 tablets total)

MEDICATION CHANGES

If you are on a medication called Dabigatran (Pradaxa) or have a diagnosis of Von Willebrand's disease please call the GI clinic and speak with a nurse- you may need additional prep instructions.

Take all of your regular medications (including any pain medications you take regularly) up to and on the day of the procedure.

Stop taking iron supplements (vitamins with iron are OK to take) 4 days prior to your procedure.

DIET CHANGES

7 DAYS PRIOR TO YOUR PROCEDURE: ***

Anticoagulant instructions: Please see “Medication Sheet” for further instructions.

Please stop eating any seed containing foods (popcorn, cucumbers, watermelon, tomatoes, strawberries, and other berries, poppy seeds, sesame seeds, etc.). Nuts are acceptable.

If you notice during this seven day period you consumed a food with seeds CONTINUE the prep as scheduled just increase your fluid consumption.

Diabetic Instructions: Please see “Medication Sheet” for instructions on how to alter your dosing, also monitor your blood sugar more frequently, adjusting the sugar in your clear liquid intake to maintain a stable blood sugar.

THE DAY BEFORE YOUR PROCEDURE: ***

NO SOLID FOOD TODAY!

1. From the time you get up in the morning, you may have only clear liquids.
Clear liquids include any liquids you can see through such as:
 - Beverages—coffee, tea, water, carbonated beverages, and pulp-free juices such as apple juice and white grape juice.
 - Soup—clear broth or bouillon.
 - Desserts—plain Jell-o, popsicles, and fruit ices.
 - Other—sugar and sugar substitutes, honey, salt and salt substitute, and clear hard candy.

Avoid red, purple or orange liquids. No dairy or soy products are to be included in your intake until after your procedure is completed.

We encourage you to drink plenty of clear liquids the day before the exam to prevent dehydration and for optimal preparation.

2. Mix the entire contents of the Miralax (238g) bottle with the 64 ounces of your clear drink and chill in the refrigerator.
3. At 12:00 noon take 4 Bisacodyl tablets followed by at least two 8 ounce glasses of clear liquids.
4. At 5:00 PM start drinking the first half (32 oz) of the Miralax mixture. Drink 8 oz every 10 to 15 minutes until finished. This will take about 1 hour. The remainder of the mixture is for the next day.
5. When taking the dose of Miralax, take 3 tablets of chewable Gas-x tablets as well.
 - You will experience diarrhea with the prep. Your bowel movements should become like yellow or tea-colored water with no solid stool in them.

You must complete the entire prep to ensure the most effective cleansing and a thorough exam.

THE DAY OF YOUR PROCEDURE: ***

NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE!

1. DO take your regular medications—especially heart, blood pressure, and chronic pain medications, up to and on the day of the procedure.
2. **At least three hours before your check-in time**, start drinking the other half (32 oz) of the Miralax mixture. Drink 8 oz every 10 to 15 minutes until finished. This second part of the prep should be completed within 1 hour.
3. When taking the dose of Miralax, take 3 tablets of chewable Gas-x tablets as well.
4. You may have clear liquids until 2 hours before your scheduled check-in time, then **NOTHING TO EAT OR DRINK** until your procedure is completed.

*****Please bring** your Kaiser card, photo ID, any co-pay you may be responsible to pay, completed registration paperwork, and reading glasses if needed for signing paperwork upon arrival.

We recommend that you leave all personal items of any value (watches, rings, etc.) at home. Please avoid using perfume or cologne.

POST PROCEDURE EXPECTATIONS

As a Rule...

- Do not drink alcohol until the next day
- No important decisions until the next day
- Do not operate a car or dangerous machinery until the next day
- Resume your normal activity on the next day
- Take your regular medications unless otherwise instructed

Minor Discomforts You May Experience:

- Minor abdominal pain
- Minor abdominal bloating
- Abdominal gas
- A small amount of rectal bleeding, particularly if hemorrhoids are present
- Minor soreness where instruments have been

Treatment of Minor Discomforts:

- Rest
- Eat lightly
- Use a heating pad
- Walk to relieve gas
- Lie on your left side with right knee forward to relieve gas

Things to Report:

- Severe abdominal pain
- Severe abdominal bloating
- Chest pain
- Fever greater than 101 degree F within 24 hours of the procedure
- Redness, tenderness or swelling at your I.V. site lasting longer than 48 hours
- Passage by rectum of a large amount of bright red blood

- Constant pain in abdomen

If you need to cancel or reschedule your GI procedure please call 360-576-5060. Please contact Kaiser Directly at Regional Gastroenterology Department at 503-571-8240 if you have any prep related questions. You may need to leave a message (if you leave a message you will want to include your health record number and reason for canceling). Please give the clinic 4 working days notice before canceling or rescheduling your procedure.