



Instructions for Taking Your MIRALAX Colonoscopy Prep

FOLLOW THESE INSTRUCTIONS. PLEASE READ ALL THE INSTRUCTIONS.

THE EXAM CANNOT BE PERFORMED IF YOUR COLON IS NOT CLEAN. YOU MUST COMPLETE ALL OF THE PREP

YOUR PROCEDURE IS AT:

- ❑ **Ridgeline Endoscopy Center:** 6028 S Ridgeline Dr. Suite 100, main door. Suite 100 is through the stained glass door. Arrive 40 minutes before your scheduled appointment time
- ❑ **McKay-Dee Hospital:** Take main elevator to 2nd floor, turn left, and go down hall to Suite 2670, Endoscopy Lab. It is McKay policy that your ride is there with you at check in and they need to stay the whole time you are there. Please Arrive 45 minutes early.
- ❑ **Ogden Regional Medical Center:** Go to admitting at the Main Entrance. Arrive 40 minutes early.
- ❑ **Davis Hospital Medical Center:** Enter through door in front on west side of bldg. Door is marked GI Entrance. Arrive 40 minutes early.

AS SOON AS POSSIBLE:

Purchase the following:

- Two (2) 8.3 oz. (238 g) bottles of Miralax powder (over the counter)
- One (1) small box of Dulcolax tablets (over the counter)
- 128 oz. of Gatorade, water *or* enough Crystal Light packets to make 128 oz. in water (not red, orange, purple, dark blue). Chill Gatorade, Crystal Light, and water.
- You may take **DRAMAMINE** if nausea develops while taking prep. This is an over the counter medication and should be taken as directed.
- **If you have a history of constipation please contact your physician, you may need an alternate prep.**

BLOOD THINNERS AND PATIENTS WITH A HEART VALVE REPLACEMENT:

Call the Physician who prescribed your blood thinner (your primary care doctor or cardiologist) and ASK if you can STOP taking your blood thinning medication(s) (e.g. Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox.). Many procedures cannot be performed if you are on a blood thinning medication, but you **MUST** obtain approval from your primary care doctor or cardiologist **PRIOR** to discontinuing any blood thinners. Your doctor may put you on an alternate medication while you stop your blood thinning medication (s). **Tylenol may be taken.**

THREE (3) DAYS BEFORE PROCEDURE:

Discontinue all blood thinning drugs (prescription and non-prescription), including Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, Aspirin and any Aspirin-containing medications (e.g. Bayer, Anacin, Excedrin, Advil, Naprosyn (Naproxen), Alka Seltzer, Ibuprofen, Motrin, Aleve or any arthritis pain medication. **REMEMBER! The physician that prescribed your blood thinner medication MUST approve this action BEFORE you discontinue these medications when you are taking them for blood thinning.**

TWO (2) DAYS BEFORE YOUR PROCEDURE BEGIN A LOW RESIDUE DIET (listed on the back)

ONE (1) DAY BEFORE YOUR PROCEDURE:

DRINK CLEAR LIQUIDS ONLY AND START THE BOWEL PREP

- Examples of clear fluids would include: Water, clear soups, herbal tea, black coffee or tea, Jell-O, or fruit juice without pulp
- **Do Not Drink** milk or use any dairy or non-dairy creamer in your coffee or tea
- **Do Not Eat or Drink** anything colored red, orange, purple, dark blue or contains pulp material
- **Do Not Drink** alcoholic beverage

BOWEL PREP INSTRUCTIONS:

Dose 1: Begin step 1 at any time from 12:00 P.M. to 5:00 P.M. the EVENING BEFORE your procedure, proceed as follows:

Step 1-Take two (2) Dulcolax tablets just prior to starting step #2.

Step 2- Mix your first 8.3 oz. bottle of Miralax in 64 oz. of chilled Gatorade, Crystal Light, or water.

Step 3-Drink 8oz of the Miralax solution every 20 minutes until the entire 64 oz. is gone. (This should take about 2 hrs. 40 min.). You may slow down if nausea occurs.)

Dose 2: Begin 4-6 hours after the 1st dose is completed, proceed as follows: ***THIS IS NEW.***

Split dosing has been shown to improve colon cleansing.

Step 1-Mix your second 8.3 oz. bottle of Miralax in 64 oz. of chilled Gatorade, Crystal Light, or water.

Step 2-Drink 8oz. of the Miralax solution every 20 minutes until the entire 64 oz. is gone. (This should take another 2 hrs. and 40 mins)

NOTE: If you become nauseated during the prep, stop for one hour and then resume. You must finish **ALL** the prep. Please look in the toilet to see if your results are clear or yellow in color. If not, you will need to take an additional prep until results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin for relief. If you receive a different prep for cleansing, go to our website: www.ridgelinesurgical.com for specific prep instructions.

DAY OF YOUR PROCEDURE:

You may have clear fluids up until 2 hours prior to your scheduled procedure.

MEDICATIONS:

- Prescription Medications-**You Can** take your regular medications the day before your exam. **On the day** of your exam, do not take your regular medications unless you have Ok'd it with your physician.
- Blood Pressure and Seizure Medications **Can Be Taken the DAY** of your exam with water, but must be taken at least 4 hours before your exam.

DIABETICS:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- **DO NOT** take oral or insulin diabetic medication **THE DAY OF** your exam until after the procedure.

BRING your driver's license, insurance card and **completed Patient History form**, a list of any prescription and over-the-counter medications you are taking with you to your exam **if you did not complete this on the One Medical Passport website. YOU WILL BE SEDATED** during your procedure and will not **be allowed to drive for 12 hours after** so **SOMEONE MUST be available to drive you home. If you plan to ride the bus, use "The Ride" or take a taxi, YOU MUST** still have a responsible person over the age of 16 accompany you home.

LOW RESIDUE DIET- TO BE STARTED TWO DAYS PRIOR TO SCHEDULED PROCEDURE DAY

CAN EAT:

- White breads, dry cereals, white rice, refined pasta
- Limited servings of canned or well cooked vegetables without skins, seeds, or pulp
- Tender, ground, and well cooked meat, fish, eggs and poultry; creamy peanut butter
- Milk, yogurt, mild cheese and cottage cheese (max of two (2) cups per day total)
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Broth and strained soups
- Carbonated beverages, tea, clear juices or juices that are pulp free or have been strained, black coffee

DO NOT EAT:

- Whole grain breads and pastas, corn bread or corn muffins, any other foods made with whole grains
- Strong cheese, yogurt containing fruit skins or seeds, raw vegetables (except romaine lettuce)
- Tough meat, meat with gristle, highly spiced food and dressings, pepper and hot sauces
- Millet, buckwheat, flax oatmeal, popcorn, nuts, seeds and crunchy peanut butter
- Beans (all types), corn, broccoli, parsnips and olives
- Dried fruits, berries, figs, prunes and fruits and juices containing pulp or seeds prune juice, chocolate, coconut