

Instruction for Taking Your MiraLAX Colonoscopy Prep

FOLLOW THESE INSTRUCTIONS. PLEASE READ ALL THE INSTRUCTIONS. THE EXAM CANNOT BE PERFORMED IF YOU COLON IS NOT CLEAN. YOU MUST COMPLETE ALL OF THE PREP.

YOUR PROCEDURE IS AT:

- Ridgeline Endoscopy Center-South Ogden:** 6028 South Ridgeline Drive, Suite 100. Ridgeline Endoscopy Center will contact you 2 days before your appointment with your arrival time. If you have not heard from Ridgeline within 48 hours of your scheduled date you can reach them at (801)409-1031 to obtain your arrival time.
- McKay Dee Hospital:** Take main elevator to 2nd floor, turn left, and go down the hall to Suite 2670, Endoscopy Lab. It is McKay's policy that your ride is there with you at check in and they need to stay the whole time you are there.
- Davis Hospital Medical Center:** Enter through door in front on west side building. Door is marked GI Entrance.
- Layton Intermountain Hospital:** Go through the main entrance and go to registration. Layton Intermountain Hospital will contact you the day before you appointment with your arrival time.

AS SOON AS POSSIBLE:

Purchase the following:

- Two (2) 8.3 oz (238g) 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, 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 the prescribing physician **PRIOR** to discontinuing any blood thinners. Your doctor may put you on an alternate medication while you stop your blood thinning medication(s).

THREE (3) DAYS BEFORE PROCEDURE:

Discontinue all blood thinning drugs (prescription and non-prescription), including Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, **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. Tylenol may be taken.**

TWO (2) DAYS BEFORE YOUR PROCEDURE, BEGIN A LOW RESIDUE DIET

LOW RESIDUE DIET:

- White bread, dry cereals, white rice, refined pasta
- Limited serving 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

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 dressing,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

ONE DAY BEFORE YOUR PROCEDURE: DRINK CLEAR LIQUIDS ONLY AND START THE BOWEL PREP

- Example 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 no-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

BOWELPREP INTRUCTIONS:

Dose 1: begin step 1 at 5:00 PM 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 8.3oz bottle of MiraLAX in 64oz 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 hours. and 40 mins)

Dose 2: *THIS IS NEW* (Split dosing has been shown to improve colon cleansing) **Begin 5 hours prior to scheduled procedure time.** Proceed as follows below:

Step1- Mix your second 8.3 oz bottle of MiraLAX in 64oz of chilled Gatorade, Crystal Light, or water.

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

NOTE: If you become nauseated during the prep, stop for one hour and the 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.

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

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. **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