

COLONOSCOPY PREP FOR MIRALAX 2 DAY PREP

QUESTIONS CALL (937) 629-0100

PROCEDURE DATE _____ TIME _____ ARRIVAL TIME _____

Please NO jewelry the day of the procedure

NO SMOKING THE DAY OF THE PROCEDURE

5 DAYS PRIOR	3 DAYS PRIOR	2 DAYS PRIOR	1 DAYS PRIOR	PROCEDURE DAY
<p>STOP EATING</p> <ul style="list-style-type: none"> * Fresh/RAW fruits and vegetables * Seeds, nuts or products containing them. * Popcorn or multigrain foods * Corn or peas * NO tomato or potato skins * No diet pills or anything containing Xenical or Olestra 	<p>LAST CHANCE TO CANCEL APPOINTMENT without a 50.00 penalty. Not showing will be considered as insufficient notice.</p>	<p>Drink at least 8 glasses of water throughout the day.</p>	<p>START CLEAR LIQUID DIET</p> <p>NO MILK PRODUCTS</p>	<p>* 2ND HALF OF PREP *</p> <p>5 hours prior to your arrival time _____</p>
<p>STOP Iron Supplements</p>		<p>It is your responsibility to check with your insurance company for authorization, co-pay, deductible, prior notification and etc.</p>	<p>Drink one (1) bottle of magnesium citrate at 4PM</p>	<p>You may have</p> <ul style="list-style-type: none"> * Apple or white grape juice. * Coffee, tea, water or broth. * Any Jello but RED * Popsicles * Any soda that is not red
<p>STOP Plavix, Effient or Ticlid</p>	<p>Again the responsible party is expected to remain in the building while you are sedated.</p>	<p>Drink one (1) bottle of magnesium citrate at 8PM</p>	<p>absolutely NO RED products</p>	<p>Drink ALL of the liquid.</p>
<p>STOP Excedrin, Alka Seltzer, Ecotrin or any NSAIDS (Advil, Aleve, Ibuprofen, Naprosyn or Mobic) daily aspirin is OK. Do not stop</p>		<p>NO SOLID FOOD AFTER SECOND BOTTLE OF MAGNESIUM CITRATE</p>	<p>NO ALCOHOL</p>	<p>You MUST drink 32 ounces of water/clear liquid over the next hour. THEN take the last 3 simethicone tablets.</p>
<p>Tylenol is OK to take for pain.</p>		<p>STOP ALL supplements</p> <ul style="list-style-type: none"> * fish oil * vitamins * calcium 	<p>* FIRST HALF OF PREP *</p>	<p>you may take Blood pressure, seizure and anti anxiety medication ONLY the day of procedure, hold all other meds.</p>
<p>If taking Coumadin/Warfarin our office will call with instructions per your cardiologist.</p>	<p>STOP ALL fiber products 5 days before</p> <ul style="list-style-type: none"> * Benefiber, Metamucil * Fiber One products * High fiber cereals 	<p>Confirm your driver and responsible party.</p>	<p>take 4 dulcolax at 4pm.</p>	<p>NOTHING BY MOUTH AFTER _____, OR YOUR PROCEDURE WILL BE CANCELLED. NO GUM OR HARD CANDY.</p>
<p>Make arrangements for transportation with your adult driver.</p>		<p>the responsible party is expected to remain in the building while you are sedated.</p>	<p>at 5pm Mix entire bottle of miralax with 64 oz sports drink and divide into 2 equal parts</p>	<p>at 6pm, drink 1 half (32 oz) of prep mixture, drink 4oz every 15 minutes until complete</p>
<p>Pick up your prescriptions from your pharmacy.</p>	<p>238 Grams of Miralax 4 Dulcolax tabs 4 Simethicone (gas x) tabs 2 bottles of magnesium citrate</p>	<p>STOP Pradaxa, Xarelto, Brilinta and Eliquis</p>	<p>Take one simethicone tablet and continue to drink water/clear liquids to stay hydrated</p>	<p>CHECK IN TIME _____ <input type="radio"/> am <input type="radio"/></p> <ul style="list-style-type: none"> <input type="radio"/> Gastro Care 2355 Derr Rd. Suite B Springfield, OH 45503
				<p>CHECK IN TIME _____ <input type="radio"/> am <input type="radio"/></p> <ul style="list-style-type: none"> <input type="radio"/> Springfield regional medical center 100 Medical Center Dr Springfield, OH 45504



CLEAR LIQUID DIET

THESE ITEMS ARE ALLOWED:

- * Water
- * Chicken or beef broth
- * 7UP, Sierra Mist and Sprite
- * Tea and coffee (NO DAIRY including cream or milk)
- * Yellow or green jello (without fruit or topping)
- * Artificial sweeteners
- * Juice (NO PULP, you should be able to see through them)
 - * Apple juice
 - * White grape juice
 - * Lemonade

SPECIAL INSTRUCTIONS

Before Procedure

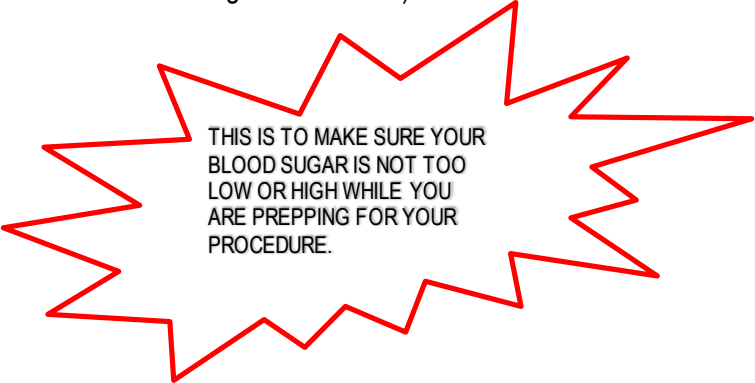
- * Dress warmly if you experience chills
- * If you experience nausea or vomiting, stop drinking for 1 hour and start again slowly.
- * Force yourself to have one more bowel movement(s) prior to coming to the surgery center.

HYPERTENSION (HIGH BLOOD PRESSURE)

- * Take all ALLOWED medications with little water on the day of procedure, but do not take DIURETICS (water pills).

DIABETIC PATIENTS

- * Monitor your blood sugar at regular times during the prep.
- * Test your blood glucose level the morning of the procedure. (Call the endoscopy center @ 629-3600 if it is less than 80 or greater than 240)
- * Bring your glucometer and test strips to the procedure.
- * Please only take half the dose of insulin the evening before your procedure.
- * Please DO NOT take your insulin in the morning.
- * Please DO NOT take your oral diabetic medication the day before your procedure.
- * Please DO NOT take your oral diabetic medication the morning of your procedure.
- * Drink plenty of clear liquids up to 3 hours before your procedure.



THIS IS TO MAKE SURE YOUR
BLOOD SUGAR IS NOT TOO
LOW OR HIGH WHILE YOU
ARE PREPPING FOR YOUR
PROCEDURE.

ASTHMA PATIENTS

- * Use your regular inhalers the morning of your procedure.
- * Bring your inhalers with you to your procedure.

After your procedure

- * Resume all your medications unless otherwise instructed by the physician.
- * Drink one glass of clear liquid every hour for the next 6 hours.
- * Resume your usual diet unless otherwise instructed by the physician.
- * **You may not drive or make any important/legal decisions for 24 hours following your procedure due to impairments caused by sedation.**



FREQUENTLY ASKED QUESTIONS

WHAT CAN I EAT PRIOR TO MY PROCEDURE?

- * 3 days before your procedure you can have canned fruits and vegetables. NO CORN OR PEAS. You can eat white bread, meats, mashed potatoes, etc. Anything that is NOT listed on your list of foods to stop eating.
- * 1 day before your procedure you are to have a clear liquid diet ONLY.

MEDICATIONS

- * May I take my pain medications or sleeping pill? If you are currently being prescribed these medications, you may take them unless your physician has told you to stop. You may need to use the bathroom during the night, so you don't want to be too sedated.

SUPPLIES

- * May I mix my prep with Vitamin Water? Yes, any clear liquid is acceptable, but we prefer Gatorade due to added electrolytes.

TRANSPORTATION

- * Can a different person pick me up than the one who dropped me off? We recommend that your driver/responsible party remain in the facility during the procedure, if the driver **MUST** leave the facility we require a cell phone number to contact the driver/responsible party to return to the facility upon completion of the procedure. We highly request that
- * Can I use a taxi or bus? No. You cannot use a taxi or bus **UNLESS** you have a responsible person over the age of 18 **riding with you**. This person may need to assist you as you may be a little unsteady on your feet.

ALCOHOL

- * Can I drink alcohol on prep day? No. Alcohol is dehydrating and make it difficult to start your IV for the procedure.
- * How soon after the procedure may I drink alcohol? 12 hours.

MISCELLANEOUS

- * What can I expect during the prep? You will be using the bathroom frequently due to the colon prep. You may want to wear Depends or a panty liner (especially when you go to bed) if you have issues with bowel control.
- * How do I know if I am ready for the procedure? If your stool is yellow to green colored liquid material. **If your stool is brown or has solid material, please drink a 10oz bottle of Magnesium Citrate 3 hours before arrival time.**
- * When do I stop drinking if I am having an upper endoscopy and a colonoscopy? Continue drinking fluids to stay hydrated until 3 hours before your procedure then nothing to eat by mouth after that.
- * When may I return to work? You may return to work the following day unless instructed otherwise by your physician.
- * Can I have my colonoscopy while on my menstrual period? Yes, the procedure can still be performed. We ask that you use a tampon if possible