

Colonoscopy (Miralax®) Patient Instructions

Procedure is scheduled for (day/date) _____

Report to: **3rd Floor, Endoscopy**

Time to Arrive: _____

Time of Procedure: _____

IMPORTANT INFORMATION

TRANSPORTATION

Patients cannot drive for 24 hours after the exam. All patients must be accompanied by a responsible adult who can drive him/her home. The colonoscopy may not begin until the driver is present. Patients may only ride home in a taxi or public transportation if they are accompanied by a responsible adult.

INSURANCE COVERAGE

It is your responsibility to contact your insurance company to determine any out-of-pocket expense that may apply to this procedure.

PREPARATION FOR A COLONOSCOPY PROCEDURE

Stop your blood thinner medications on: _____
(This may include Coumadin®, Plavix, Xarelto® and Pradaxa®.)

Per Dr. _____

IF YOU ARE DIABETIC: Call the doctor who monitors your glucose levels. Your diabetic medicines may need to be adjusted due to the diet restrictions required with the bowel prep for this procedure.

If you have low blood glucose, you may take 8 ounces of vanilla Ensure® at mealtimes the day before the exam – **but not the day of the exam.**

Pharmacy

Purchase Miralax® (527 grams) at your pharmacy.

Dietary and Medication Schedule

STOP taking all vitamins, iron supplements, herbal medicines, and medications that stop diarrhea (Example: Imodium).

One week before your procedure!

AVOID corn, popcorn, raw fruits and vegetables, seeds, nuts, whole grains and beans.

Starting: _____

Four days before your procedure

Mix one capful of Miralax® into 8 oz water or juice and drink with breakfast, lunch and dinner for the four days before your exam. You will probably notice your stools becoming softer after two or three days.

The day before your procedure
-Begin a clear liquid diet

This includes breakfast, lunch and dinner. We encourage you to have as much of the clear liquids as you like. Allowable clear liquids include only liquids that you are able to see through. (Example: Jell-O, soda, tea, Kool-Aid, sports drinks, popsicles, black coffee, apple juice and broth.)

Add a capful of Miralax® at Breakfast and Lunch.

At 4 p.m. drink an 8 oz glass of any clear liquid with a capful of Miralax® mixed in. Drink one glass every 10-15 minutes. There is no need to rush.

After drinking 4-6 glasses of clear liquid with Miralax®, you may feel the need to move your bowels.

Continue drinking the glasses of clear liquid with Miralax® until the Miralax® is gone. You will have several bowel movements that evening, but should be finished by bedtime.

Once you have finished drinking the Miralax®, you should be passing clear yellow fluid when you move your bowels. If you are not clear in the morning, please call in the morning before you leave for further instructions.

DO NOT DRINK any alcohol.

DO NOT EAT any solid foods the entire day before your colonoscopy

The day of your procedure

Do not eat breakfast. You may have clear liquids until two (2) hours before your scheduled procedure.

You may take your medications with the clear liquids.

Do not eat or drink anything for two (2) hours before your procedure.

- **IF YOU NEED TO SPEAK TO A NURSE, PLEASE CALL 802.747.1766**

******FAILURE TO COMPLETE ALL INSTRUCTIONS, RESULTING IN A POOR BOWEL PREPARATION, MAY RESULT IN NEEDING TO REPEAT THE PROCEDURE******