

# DIGESTIVE DISEASE & ENDOSCOPY CENTER

## MiraLax & Gatorade Bowel Prep

Please read and follow your physicians specific instructions carefully to ensure a successful prep.

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Seven (7) Days Prior to Procedure ____/____	Two (2) Days Prior to Procedure ____/____	One (1) Day Prior to Procedure ____/____	Day of Procedure ____/____
<p><b>STOP</b> taking blood thinning medication, Iron, Fiber and Fish Oil supplements. Non-Steroidal Anti-Inflammatory drugs (NSAIDS) such as Aspirin, Ibuprofen, Naproxen.</p> <p>Tylenol is okay to take as needed for pain. Continue your other medications as prescribed.</p> <p><b>STOP</b> eating any raw fruits or vegetables containing seeds, corn, popcorn, nuts until after the procedure.</p> <p>Begin a <b>low fiber diet</b> starting today, (examples on back page)</p> <p><b>Purchase:</b>  <b>One</b>-10oz Bottle Magnesium Citrate  <b>One</b>-8.3 ounce bottle of MiraLAX Power (238gm)  <b>Two</b>-32 ounce bottles of Orange or White Gatorade  <b>One box</b>-Orange or Green Simethicone 180 mg tablets  <b>*Clear Liquid Diet*</b> items</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>*Extended Prep (only if highlighted): Two - 10oz bottles of Magnesium Citrate.</b></p> </div>	<p><b>Arrange Driver:</b> All patients must be accompanied by a responsible adult. (Age 18 or older) Your procedure will take about 2 hours. Drivers are required to stay in the building. <b>NO TAXI, BUS or UBER:</b> <b>No driver will result in rescheduling of your procedure.</b></p> <p><b>CANCELLATIONS:</b> If you need to cancel or reschedule your procedure, please call our office (360) 479-1952 Ext. 122</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Extended Prep:</b> (Only if highlighted) <b>10am</b>– Drink one 10 oz bottle of Magnesium Citrate</p> </div>	<p>You can have a light breakfast before 10 am. Drink plenty of clear liquids to avoid dehydration.</p> <p><b>Diabetic Medication Oral/Insulin:</b> See office visit note for special instructions</p> <p><b>Prep at a Glance</b>  <b>10am</b>- Drink one 10oz bottle of clear Magnesium Citrate.  <b>4pm</b>– Pour HALF the container of MiraLAX into each Gatorade bottle. Mix thoroughly until power has dissolved.  <b>5pm</b>- Drink an 8oz glass of the solution every 15 min until you have finished first HALF of the mixture. *Shake the container before pouring each dose*</p> <p><b>After drinking first half of prep:</b> Take one tablet of Simethicone.</p>	<p><b>NO FOOD</b> continue to follow the <b>*Clear liquid diet*</b></p> <p><b>Diabetic Medication Oral/Insulin:</b> See office visit notes for special instructions.</p> <p><b>Medications:</b> Blood Pressure, Heart, Lung, Seizure or Psychiatric medication, take at 3 hours prior to your procedure with small sips of water.</p> <p><b>6 hours prior to procedure:</b> _____ Begin drinking the second HALF of your solution 8 oz every 15 minutes until all the solution is gone. *Shake the container before pouring each dose*</p> <p><b>After prep is finished:</b> Take one tablet of Simethicone.</p> <p><b>STOP</b> all Liquid intake 3 hours prior to your procedure.</p>

**\* CLEAR LIQUID DIET DETAILS: NO RED, BLUE, PURPLE DYES. NO DAIRY\***

**Approved**

- Water, Sprite, Ginger Ale, Tea, Crystal Light, Lemonade
- Pulp Free Clear juices, Apple Juice, White Grape
- Fitness water (Propel/Gatorade)
- Yellow or Orange Popsicles (without fruit or cream)
- Low Sodium chicken, vegetable, beef broth
- Yellow or Clear Gelatin
- Black Coffee

**Avoid**

- No Dairy, Milk, Creamer, Ice Cream
- No Juices with pulp
- No RED, BLUE and PURPLE DYES
- No Food
- Tomato Juice

## FREQUENTLY ASKED QUESTIONS

### **What is considered a light breakfast?**

White toast, Eggs, Cream of Wheat (Malt-O-Meal), Plain Yogurt with out berries.

### **What are some high fiber foods I should avoid?**

Salads, brown rice, whole grains, oatmeal, seeds, nuts, popcorn, fruit and raw vegetables.

### **What are some good options for low fiber foods?**

White bread, white rice, white pastas, meat, fish, dairy, eggs, cream of wheat and cooked vegetables are low in fiber and good choices for foods 7 days before you begin prep.

### **What is clear stool?**

A clear stool can have a slight tint of yellow. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool. After your prep is completed: If your bowel movements are solid, have semi-solid particles or liquid is Dark Brown/Dark Orange or Murky, you are not prepped well enough and will require additional prep. Please call our office immediately at (360) 479-1952 Ext. 122.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids. If you have not had a bowel movement by 10 pm the night prior to your procedure, you will need to reach the on-call physician for further instructions at 360-479-1952.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are unable to finish the prep solutions stop the preparation and call your physicians office for further instructions.

### **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?**

You will not need to reschedule your procedure, however the seeds or nuts may cause difficulty in screening and require a need for a rescreening. If you have eaten a large amount of seeds or nuts, contact the nurse or physician.

### **Can I drink alcohol or use marijuana or any other recreational substances while prepping for my procedure?**

Alcohol, marijuana products and any other mind altering substances are not allowed while prepping for a colonoscopy.

### **Why do I have to wake up so early for the second dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **Do I need to drink all the prep?**

It is important to finish all the prep in order to cleanse the colon properly. Poor prep may result in rescheduling of your procedure.

### **When will I hear about my pathology results?**

Test results will be mailed to you within 7-10 days. If the findings are concerning, you will be notified earlier by phone. All results will be available through our patient portal.

### **Is a colonoscopy covered by my insurance?**

Contact your Insurance company to check benefit coverage for your procedure. Provide them with our Tax ID Number: 91-2065379 and CPT billing codes: 45378, 45380, 45381, and 45385 to confirm coverage.

**Additional Insurance Information:** Please note that screening colonoscopies are often not subject to deductibles, co-pays or co-insurance. We will always try to bill a screening colonoscopy as a screening colonoscopy. However, if a polyp needs to be removed or biopsies need to be taken during your procedure, deductibles, co-pays and co-insurance may apply.

Please contact our billing office if you have any other questions at (360) 479-1952