

Colonoscopy Preparation Instructions: MiraLAX

Appt. Date: _____ Check-in Time: _____ Est. Escort Return Time: _____

Failure to follow these instructions may cause your procedure to be cancelled. Call our office 8am-5pm with any questions or concerns.

A week before

- As you will be receiving sedation for this procedure you must have an escort over the age of 18 to drive you home or accompany you in an Uber, taxi or public transportation. Walking or riding a bike or motorcycle is not an acceptable means of transportation regardless of escort. **Unescorted transportation is not permitted.**
- Plan to take it easy on your procedure day. You will not be able to work, drive, operate equipment, or sign any important papers until the following day. Do not drink alcohol or take sedatives on your procedure day.
- Stop eating nuts, popcorn, corn, seeds, and small grains (such as quinoa) 1 week prior to your procedure to help clear your colon.**
- Avoid taking **fish oil supplements** the week prior to your procedure.
- Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.
- Check with your insurance company for authorization or deductible. **Our Billing Department can assist with any insurance or billing concerns.**
- Pick up your prep at the pharmacy if you have not already done so.
- You may find it useful to visit our website, www.nwgastro.com, to view educational videos, helpful hints, and frequently asked questions. **Please also check our website for our latest COVID guidelines.**

Starting 3 days before

- Canceling your procedure after today may result in being charged a fee of \$100.00. Short cancellation notice does not allow us to use this time slot for other patients who have been waiting.
- Continue to take your daily aspirin if you normally take one.
- Stay well hydrated. Drink up to 8 glasses of fluids throughout the day in addition to eating your regular diet.
- Avoid eating obviously greasy, oily or fried foods, and continue to avoid nuts, popcorn, corn, seeds and small grains (such as quinoa).

The day before

- Follow the special diet you were given by our office. Note that no solid food should be eaten after you begin drinking the colon preparation. Continue to stay well hydrated by drinking up to 8 glasses of **clear liquids*** throughout the day in addition to drinking your preparation.
- Please follow our instructions below and not the instructions provided with the preparation packaging.
- We recommend that you start drinking the MiraLAX prep at _____. Mix ½ of the 238–255-gram bottle of MiraLAX with 32-ounces of Gatorade or Propel. Drink an 8-oz glass of the MiraLAX mixture every 15 minutes until gone. Continue to drink additional **clear liquids***, (preferably an electrolyte drink) taken at your own pace.
- Drinking the prep will cause diarrhea typically within 1-3 hours, though results may vary. Plan to stay close to a bathroom for the rest of the evening.
- If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. Some people do better if drinking through a straw. Adjust temperature with ice, do not put the drink in the refrigerator.
- If you are unable to keep the prep down or are experiencing any unusual side effects, call us at **360-734-1420**.

***Clear Liquids include – Water, fat-free broth, Jello, coconut water, clear fruit juices, non-cola soft drinks, coffee or tea (no milk/creamer), popsicles, clear hard candies, electrolyte drinks such as Gatorade/Powerade. Liquids that are red, purple or bright blue or have pulp are not allowed.**

Your procedure day

- We recommend that you start to drink the prep at _____. Mix the remaining ½ of the MiraLAX prep with 32-ounces of Gatorade or Propel. Drink an 8-ounce glass every 15 minutes until gone. You can drink additional **clear liquids*** after your prep **until the time below**.
- Take your regular medications before the time listed directly below unless instructed otherwise.

At _____ (3 HOURS BEFORE CHECK-IN) DO NOT PUT ANYTHING IN YOUR MOUTH - stop drinking all liquids, including your prep, clear liquids, hard candy, gum and chewing tobacco. THIS INCLUDES WATER.

- Be sure to bring your insurance card and co-pay but leave other valuables at home.
- Escorts are encouraged to remain in their vehicles when waiting at the center.** A staff member will contact your escort when your procedure is completed with further instructions. When you are ready for discharge, your escort will pick you up at the back of the building in one of the designated parking spots.
- We are located in the Barkley area at 3111 Woburn St., Suite 101, Bellingham WA. Enter through the main front door and head downstairs to NW Endo front desk for check in.**

Additional Instructions

Diabetic patients- please follow the guidelines below unless you've been instructed otherwise by your doctor:

- If you take an oral medication or a standing insulin dose, take ½ your normal dose the evening prior to your procedure and hold your normal dose until after your procedure.
- If you take a sliding insulin dose, take as needed the day prior to your procedure and hold until after your procedure.
- If you have an insulin pump, please follow instructions provided by your doctor.

Special instructions: