

Miralax Instructions for Colonoscopy

Patient: _____ Date: _____ Admit time: _____

*It is **your responsibility** to contact your insurance company to verify coverage and benefits for the scheduled procedure.*

Preparing For Your Exam

Five days prior to your procedure:

- **STOP** your medications that have blood thinning effects. Examples: **Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications.** Tylenol and Aspirin are okay. (If you are on Coumadin, Plavix, Xarelto or any other anticoagulant/antiplatelet medication you must contact your Primary Care Physician for instructions.)
- **Diabetics:** If you are diabetic and take insulin, call your Primary Care Physician for instructions. Please check your blood sugar/glucose before leaving your home.

One day before your procedure:

- **NO FOOD all day!** Drink only CLEAR LIQUIDS (see below) starting when you wake up in the morning, throughout the entire day and up until 2 hours before your scheduled admit time. The more clear liquids you drink, the better the prep solution will work and the better you will feel. Below is a list of clear liquids that you may have. Please note that no red dye is allowed (no red jellos, red drinks, etc.). Please limit all dark beverages such as tea, soda, coffee, etc. to 2 cups daily.

Examples of Clear Liquids (NO RED DYE)

<u>Soda</u>	<u>Juice</u>	<u>Sports drinks</u>	<u>Other Options</u>	
All Sodas	Apple	Gatorades	Coffee/Tea (limit 2)	Water
Root Beer (limit 2)	Cranberry	Powerades	Crystal Light	Popsicles
Sprite/ 7UP	Grape	All Sport	Jellos	
Coke/Pepsi (limit 2)	White Grape	Propel	Broths/Bouillons	

Day before your procedure at 5:00 PM:

- At 2:00 pm take 4 Dulcolax tablets (5mg each) and continue drinking clear liquids.
- At 5:00 pm, mix together the 238 g bottle (this is a 14 oz-daily dose bottle) of Miralax with 64 ounce of a sports drink in a pitcher. Drink an 8 oz glass of solution every 10-15 minutes until gone, completing prep by 7:00 pm.
- Drink plenty of clear liquids thereafter.** Again, the more you drink, the better the prep works and the better you will feel.

***** If your prep is not working by 9:00 PM or if you are vomiting, please call physician at 402-441-5600*****

Day of your procedure:

By this time your stools should look clear/yellow (urine like) and you should be able to see through the liquid to the bottom of the toilet.

Continue to drink clear liquids until two hours prior to your scheduled admit time, then nothing more to drink.

You may:

1. Take your morning heart, blood pressure or seizure medication with sips of water.
2. Brush your teeth and gargle in the morning.
3. Do **NOT** smoke, chew tobacco, chew gum or suck on hard candy!

Please show up for your procedure at the admit time written at the top of this sheet.

*****Due to the sedation, you MUST have a responsible person with you and they MUST stay in our facility or your test will be cancelled. Taxi or bus rides are not allowed unless accompanied by a responsible adult.*****

Please Note:

- Your bowel prep prescription is sent to your pharmacy the day your procedure is scheduled. You may pick up your prescription at any time. If it has been several weeks to months since the prescription was called in, the pharmacy might have placed the prescription back “on the shelf”. Please call your pharmacy and request that the prescription be “pulled”. If you have any concerns please call us at 402-441-5600.
- If you have a history of chronic constipation please call Dr. Lee’s office (402-441-5600) so we may evaluate if additional bowel prep instructions/education is needed.

Bowel Prep Recommendations:

- Please follow **only** our instruction sheet.
- You may mix up the prep solution the morning prior to the procedure.
- Place the mixed solution in a glass that has a lid and a straw and place in the fridge.
- Before and after the prep solution is consumed (or if needed throughout drinking the solution) you may suck on a lemon slice to help alleviate the salty taste.
- Drinking tea, apple juice or another clear liquid after the solution is consumed, also helps alleviate the taste.
- Please continue to push the clear liquid diet after the prep is consumed. If you become nauseated, you may continue to drink clear liquids but may wish to drink slowly.

Before your procedure you will need to complete a brief medical history form. This information is also located inside your Nebraska Surgery Center pamphlet.

ONLINE (Best Option)

1. Go to www.nebraskasurgery.com
2. Click on the stethoscope button “**Simple Admit**”
3. Enter the password: **NSC402NEW**
4. Answer all fields

By Phone

1. Contact Nebraska Surgery Center at 402-484-6600
2. Ask to speak to a GI/Endoscopy Nurse to help you fill out “**Simple Admit**”
3. The Nurse will answer any questions you have