



# MIRALAX COLONOSCOPY INSTRUCTION

Please read and follow these instructions carefully.

509-663-8711

or 1-800-726-8808

Procedure Date: \_\_\_\_\_

Check-In Time: \_\_\_\_\_

Dr. \_\_\_\_\_

- Confluence Health |  
Wenatchee Valley Hospital & Clinics  
820 N. Chelan Ave., 509-663-8711  
Hospital side, 4th floor  
Please use the elevators near the Bistro
- Moses Lake Clinic, 840 Hill Ave., 509-764-6400
- Omak Clinic, 916 Koala Dr., 509-826-1800

MEDICATIONS	4 DAYS PRIOR	3 DAYS PRIOR	2 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DAY
<p><b>Please contact the Anticoagulation Clinic or the physician who manages your blood thinning medication for instructions.</b></p> <p><u>NOTE: Before you stop taking your coumadin / warfarin, please contact the doctor who prescribed them.</u></p> <p><b>5 days prior to your procedure:</b></p> <p>Stop all Iron (ferrous sulfate) supplements multi vitamins are ok. Please also stop all fish oil and other herbal medications.</p> <p><b>Diabetic patients:</b> see enclosed instructions.</p>	<p><b>Obtain prep over the counter:</b></p> <ul style="list-style-type: none"> <li>• Miralax (one 238g bottle)</li> <li>• Two 5 mg Dulcolax (bisacodyl) tablets.</li> <li>• 64 oz. of Gatorade, no red or purple!</li> </ul> <p><b>7:00am:</b> Begin a low fiber diet (see attached low fiber diet sheet) No nuts, seeds or popcorn from now until after your procedure.</p> <p><b>Cancellations:</b> Please cancel your appt if you will not be able to make it</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Tips for Preparation</b></p> <ul style="list-style-type: none"> <li>✓ Vaseline and/or Tucks medicated pads help relieve anal soreness during bowel preparation.</li> <li>✓ Refrigerating the Miralax, and using a straw, may make it easier to drink.</li> <li>✓ If you become nauseated at any time during the prep, slow down the rate of drinking to 8 ounces of Miralax every 30-60 min</li> <li>✓ Please follow these instructions instead of any instructions that may have come with the Miralax.</li> </ul> </div>	<p><b>Meals and Snacks:</b> Continue the low fiber diet.</p> <p><b>Ride home:</b> You MUST have a responsible adult accompany you to your appointment.</p> <p>If you show up without one, your appointment will be cancelled.</p>	<p><b>Meals and Snacks:</b> Continue the low fiber diet.</p> <p><b>Hydrate:</b> Drink at least 4-6 (8 oz.) glasses of water or clear liquids throughout the day.</p>	<p>Begin a clear liquid diet. (See attached clear liquid diet sheet)</p> <p>Diabetics: Please see the enclosed instructions.</p> <p><b>Before 10am:</b> Mix Miralax in 64 oz. of Gatorade and refrigerate.</p> <p>Throughout the day drink 4-6 (8 oz.) glasses of water or clear liquids. The more you drink the better your prep will be.</p> <p><b>4 PM:</b> Take both (bisacodyl) Dulcolax tablets.</p> <p><b>6:00 PM:</b> Begin drinking 8 oz. of Miralax every 15 minutes until you finish 48 ounces.</p> <p><b>9:00 pm</b> Take 1 Simethicone capsule with a glass of water.</p> <p><b>If you get nauseated... slow down!</b> Stop drinking the Prep for 30-60 minutes. You may eat up to 5 saltine crackers.</p>	<p>Continue clear liquid diet.</p> <p><b>Early morning:</b> Take your usual prescribed medication (especially blood pressure medication) with a sip of water. – except diabetics.</p> <p><b>3 hours before leaving home:</b> Take 1 Simethicone capsule with a glass of water.</p> <p>Drink 8 oz. of Miralax/ Gatorade every 15 minutes until you finish 16 more ounces. At this point, you will have finished a total of 64 ounces. If your stool is not a clear or light yellow fluid, please call the office ASAP.</p> <p><b>Within 2 hours of check-in time:</b> nothing by mouth</p>

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# The Colonoscopy Experience Step-By-Step

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- 1. Preparing for your colonoscopy:**
  - Plan for the prep time: Plan for a few hours the evening before and morning of your procedure to drink the prep and evacuate your bowels. Plan to be in a personal space, close to a bathroom. Diarrhea and urgency will usually begin 15 minutes to 4 hours after you begin your prep.
  - Take the day off: It is recommended that you take the day off work on the day of your procedure. You should not make any important decisions for the rest of the day following the procedure. You should not drive for the rest of the day.
  - Pick up your prep at least three to five days before your procedure.
  - If you have had trouble with IV placement please arrive an additional 15 minutes early.
- 2. Billing:**
  - 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 done during the colonoscopy, then by law we are obligated to use the code for “colonoscopy with polypectomy” or “colonoscopy with biopsy.” In such cases, deductibles, co-pays and co-insurance may apply. Please consult with your insurance company for details.
- 3. Before your procedure:**

You will be informed of the procedure risks and sign a consent form. You will go over your health history and medications upon admissions. You will put on a hospital gown and an IV will be placed in your arm for fluids and medication.
- 4. During your procedure:**

You will be placed on your left side. You will be given medication through your IV to help you relax and make you more comfortable and drowsy. The doctor will insert the scope into your rectum to look at the lining of your rectum and colon. Air will be inserted into your colon to allow the doctor to better visualize the lining of your large intestine. Your body will want to expel the air, do not try to hold in the air as this may cause discomfort. Feel free to expel as much air as possible. You may feel mild cramping during the procedure. If it becomes worse you will be able to tell the doctor and more medication can be given. Most patients do not remember part or all of the procedure due to the medications. The procedure lasts approximately 30-60 minutes. You will then be taken to the recovery area.
- 5. After your procedure:**

You will remain in the recovery area until you are ready for discharge (usually after 30 minutes). You may feel bloating or mild abdominal cramping. Expelling air in your colon will help you feel more comfortable. You will be discharged when you are alert and stable. The doctor or nurse will speak to you about your plan of care. Remember you must have an escort to drive or accompany you home. You may return to work the morning after your colonoscopy (Not the evening of the colonoscopy).

## LOW FIBER DIET

Food Group	OK to Eat	Do NOT Eat
<b>Milk, Dairy Products</b> 	<ul style="list-style-type: none"> <li>• Milk, cream, chocolate milk, hot chocolate, milk-based drinks</li> <li>• Cheese, cottage cheese</li> <li>• Broth</li> <li>• Yogurt, sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Custard or pudding</li> <li>• Ice cream or frozen desserts</li> <li>• Cream sauces</li> <li>• Soups <b>without</b> seeds or beans</li> </ul>
<b>Breads, Grains</b> 	<ul style="list-style-type: none"> <li>• Breads and grains made from refined or <b>white flour</b> including: rolls, bagels, muffins (no bran), English muffins</li> <li>• Cheerios, Rice Crispies</li> </ul>	<ul style="list-style-type: none"> <li>• Corn flakes</li> <li>• Crackers</li> <li>• Pasta</li> <li>• Cream of Wheat</li> </ul>
<b>Meat, Fish, Poultry, Protein</b> 	<ul style="list-style-type: none"> <li>• Tender beef, ground beef</li> <li>• Chicken</li> <li>• Pork</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Fish and shellfish</li> <li>• Creamy peanut butter</li> <li>• Lamb</li> <li>• Tofu</li> </ul>
<b>Fruit</b> 	<ul style="list-style-type: none"> <li>• Soft canned or cooked fruit <b>without</b> seeds or skins</li> <li>• Soft melon</li> <li>• Fruit juice <b>without</b> pulp</li> <li>• Fruit jellies <b>without</b> pulp</li> </ul>	<ul style="list-style-type: none"> <li>• All other raw fruits</li> <li>• All dried fruits</li> <li>• Fruit juice with pulp</li> </ul>
<b>Vegetables and potatoes</b> 	<ul style="list-style-type: none"> <li>• Potatoes <b>without</b> skin</li> <li>• Vegetable juice <b>without</b> pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Tough meat with gristle</li> <li>• Chunky peanut butter</li> <li>• All beans, nuts, peas, lentils, legumes</li> </ul>
<b>Fats &amp; Oils</b> 	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Salad dressings without seeds or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Prune juice</li> <li>• Prunes</li> <li>• Bananas</li> </ul>
<b>Miscellaneous</b> 	<ul style="list-style-type: none"> <li>• Sugar</li> <li>• Salt</li> <li>• Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Margarine</li> <li>• Oil</li> <li>• Mayonnaise</li> </ul>
	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Syrup</li> <li>• Lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• All raw or steamed vegetables</li> <li>• Beans, peas</li> <li>• Potatoes with skin</li> <li>• Brussel sprouts</li> <li>• <b>Corn (!)</b></li> <li>• Broccoli, cauliflower</li> <li>• Cabbage, onion</li> <li>• Sauerkraut</li> <li>• Greens or lettuce</li> </ul>
		<ul style="list-style-type: none"> <li>• <b>Nuts (!)</b></li> <li>• <b>Seeds (!)</b></li> <li>• Coconut</li> <li>• Salad dressing with nuts or seeds</li> </ul>
		<ul style="list-style-type: none"> <li>• Jam</li> <li>• Marmalade</li> <li>• Relishes</li> <li>• Pickles</li> <li>• Olives</li> </ul>

**Why do I need to eat a low fiber diet?** It is very important to begin a low fiber diet 4 days before your colonoscopy. Fiber is indigestible and stays inside the colon, making the colonoscopy less accurate.

## CLEAR LIQUID DIET

It is especially important to avoid clear liquids with red or purple dyes.

OK to Eat	Do NOT Eat
<ul style="list-style-type: none"> <li>• Water</li> <li>• Flavored waters (without red or purple dyes)</li> <li>• Clear Broths (chicken, beef, or vegetable broth)</li> <li>• Juices (without pulp and without red or purple dyes)                             <ul style="list-style-type: none"> <li>✓Apple</li> <li>✓White Grape</li> <li>✓Lemonade without pulp</li> </ul> </li> <li>• Sodas</li> <li>• Gatorade</li> <li>• Tea (with sugar OK)</li> <li>• Coffee (black; with sugar OK)</li> <li>• Gelatin i.e. Jello (without fruit; no red or purple dyes)</li> <li>• Popsicles (without fruit or cream; no red or purple dyes)</li> <li>• Italian Ices (without red or purple dyes)</li> <li>• Coconut water</li> </ul>	<ul style="list-style-type: none"> <li>• Milk (no cow, soy, almond, rice, hemp milk)</li> <li>• Cream</li> <li>• Milkshakes</li> <li>• Ice cream</li> <li>• Smoothies</li> <li>• Orange juice</li> <li>• Grapefruit juice</li> <li>• Tomato juice</li> <li>• Soups other than clear broth</li> </ul>

### Why do I need to follow a clear liquid diet?

A clear liquid diet is necessary during colonoscopy preparation to provide needed fluids. Clear liquids are easy to digest and leave little or no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid, but coffee with cream or milk is not. You will be starting your clear liquid diet the day before your exam.

## PRE-COLONOSCOPY ORDERS FOR DIABETIC PATIENTS

### Diabetics on dietary control only:

- No changes in usual prep.
- FSBS to be checked on arrival.

### Diabetics on oral hypoglycemic agents:

- Take usual diabetic medicine the morning of the prep, then no diabetic medicines until after the colonoscopy.
- FSBS to be checked on arrival.

### Diabetics on Insulin:

- Take one half of usual insulin dose the day before exam. Do not take insulin the morning of the colonoscopy.
- FSBS to be checked on arrival.