

Colonoscopy Bowel Prep Instructions - Miralax

IMPORTANT: If the bowel is not clean when you arrive to the procedure unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled. You will need to purchase the following – all are available over the counter at any pharmacy:

- 1-8 oz bottle of Miralax (238 gram)
- 1-box of Dulcolax Laxative Tablets (Only 8 (5mg) tablets are needed)
- 1-10 oz bottle of Magnesium Citrate (any flavor)
- 2-28 oz or 2-32 oz Bottles of Gatorade (any color except Red or Purple). ***DIABETIC PATIENTS ONLY: Please use Propel Fitness Water instead of Gatorade***



DISCUSS MEDICATIONS and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure.

Instructions may include the following changes:

- If you take **Phentermine**, **stop** 2 weeks prior to your procedure.
- If you take **INSULIN** please check with the doctor that prescribes this for you about adjusting the dose prior to your test. The morning of your procedure please take ½ the normal dose.
- If you take **Iron**, **stop** for 3 days prior to the procedure including multivitamins with iron supplements.
- If you are on a GLP 1 receptor Agonists medication that is used weekly such as Dulaglutide/Trulicity, Semaglutide/Ozempic, Tirzepatide/Mounjaro you **MUST** hold this medication 1 week prior to your procedure.
- If you are on a GLP 1 receptor Agonists medication that is used daily such Semaglutide/Rybelsus, Liraglutide/Victoza/Saxenda, Lixisenatide/Adlyxin, Exenatide/Byetter you **MUST** hold this medication **24 hours** prior to your procedure.
- If you are on an SGLT-2 medication such as - Bexagliflozin (Brenzavvy), canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin, Sotagliflozin you **MUST** hold this medication for **4 days** prior to your procedure.
- If you are on an Opioid Antagonist medication such as - 6520Naltrexone and combinations (suboxone), Vivitrol you **MUST** hold this medication for **3 days** prior to your procedure.
- If you take **blood pressure, seizure, or cardiac** medicines in the morning, please take them at 6 AM with a tiny sip of water. Take no other medicines unless directed to do so. No gum or mints.

DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE



ARRANGE for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- Sedation may cause temporary loss of memory. Be aware that you may not remember results given to you by your doctor following the procedure.
- Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.



3 DAYS PRIOR to your procedure, **eat a LOW FIBER DIET**

HIGH FIBER FOODS TO AVOID INCLUDE:

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

FOODS YOU MAY EAT INCLUDE:

- Cream of wheat/grits, white rice, and refined pastas/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese



1 DAY PRIOR to your procedure, **eat only a CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you would be able to read a newspaper through. (Nothing Red or Purple)

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)



DAY PRIOR to your procedure, you should also take the colonoscopy preparation. Your colonoscopy preparation prescription Please follow the instructions below:

YOUR PREPARATION - MiraLAX/Gatorade®

Purchase these items ahead of time (no prescriptions required)

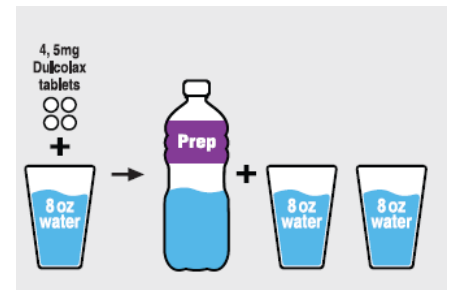
- 1-8 oz bottle of MiraLax (238 gram)
- 1-box of Dulcolax Laxative Tablets (Only 8 (5mg) tablets are needed)
- 1-10 oz bottle of Magnesium Citrate (any flavor)
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DRINKING YOUR BOWEL PREPARATION - Between 3-6 PM the night before your procedure

- Take 4 Dulcolax tablets by mouth with at least 8 oz. of water and then wait one hour (total of 20 mg).
- One Hour after taking the Dulcolax tablets mix half the bottle of MiraLax in with one bottle of Gatorade or Propel water. Drink this within a 2-4-hour period.
- After drinking the MiraLax, take 4 more Dulcolax tablets with 8 oz of water (total of 20 mg).
- Mix the remaining half of the bottle of MiraLax in with the second bottle of Gatorade or Propel water. Drink this over a 2-hour period.
- Drink an additional 16 oz. of any clear liquid (without MiraLAX) over the next 1-2 hours.
- By 1:00 am if your stool is not the color of apple juice, drink the entire bottle of Magnesium Citrate. If your stool is the color of apple juice, this step can be skipped.



WHAT TO EXPECT

- Drinking this preparation increases bowel movements, and diarrhea are often experienced; plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Please finish your preparation regardless of your stool color.



STAY HYDRATED with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.



At MIDNIGHT prior to your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS**. This means that you should not have anything to eat or drink until after your colonoscopy.

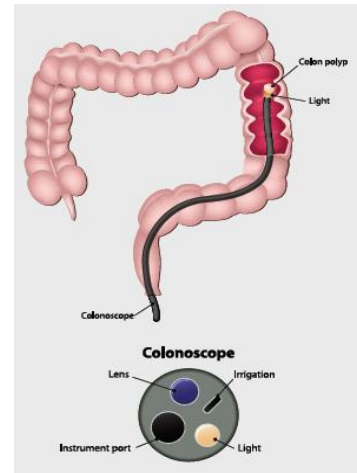
WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT DURING A COLONOSCOPY?

A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope (“scope”) — a long flexible tube with a light and camera at the end — to examine the inside lining of the colon. It allows the doctor performing the test to find and remove precancerous polyps and early colon cancers.

The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.

Colonoscopy is performed in a hospital or an ambulatory surgical center. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.

Your doctor will take pictures and remove polyps along the way. If a polyp cannot be removed, a sample may be taken. He will then send any specimen collected to the lab for further testing. This is called a biopsy. You will arrive one hour prior to your scheduled procedure time and plan to stay up to one hour following the procedure. The colonoscopy itself usually only takes 15 to 30 minutes to complete.



Cancellation Policy/No Show Policy

Cancellation/No Show Policy for Doctor Appointment/Procedure

We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family. However, when you do not call to cancel an appointment, you may be preventing another patient from getting much needed treatment. Conversely, the situation may arise where another patient fails to cancel and we are unable to schedule you for a visit, due to a seemingly "full" schedule. If an appointment/procedure is not cancelled at least 14 business days in advance you may be charged a \$250 fee; this will not be covered by your insurance company.

Account Balances

We will require that patients with self-pay balances pay their account balances prior to receiving further services by our practice. Patients who have questions about their bills or who would like to discuss a payment plan option may call and ask to speak to a business office representative with whom they can review their account and concerns. Patients with balances over \$100 must make payment arrangements prior to future appointments being made.

Facility Locations

<u>Research Medical Center-Patient Registration</u> 2330 E Meyer Blvd, Suite 102 Kansas City, MO 64132	<u>Overland Park Regional Medical</u> 10500 Quivera Road Overland Park, KS 66215	<u>Menorah Medical Center – Bldg C</u> 5701 W 119 th St. Overland Park, KS 66209
<u>Overland Park Surgical Center</u> 10601 Quivera Road Suite 100 Overland Park, KS 66215	<u>Mid America Surgical Institute</u> 5525 W 119 th St. Suite 100 Overland Park KS 66209	<u>South Kansas City Surgicenter</u> 10730 Nall Ave, Suite 100 Overland Park KS 66211



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