



## *Colonoscopy Bowel Preparation Instructions*

### **Miralax Preparation**

**PLEASE READ ALL INSTRUCTIONS ON THE DAY THAT YOU RECEIVE THEM**

Thank you for following these important instructions.

With your help, we look forward to providing a competent and thorough examination for you.

#### **Colonoscopy Preparation:**

The preparation that you have been prescribed is based on your insurance. Bowel preparation (cleansing) is needed to perform effective Colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the exam.

#### **Items to purchase:**

- \_\_\_\_\_ 1 238 gram bottle of Miralax (Can be store brand) ~ 14 dose bottle
- \_\_\_\_\_ 1 Small bottle of Miralax laxative (can be store brand) ~ 7 dose bottle
- \_\_\_\_\_ 2 Quarts of Gatorade (64 oz) yellow or clear in color
- \_\_\_\_\_ Items for the clear liquid diet (see below)

#### **Clear Liquid Diet:** (As a rule...if you can see through it, you can drink it)

- **Do not drink anything colored RED, ORANGE, GREEN, PURPLE, and BLUE.**
- **NO JELLO**
- Suggested Items: Water, yellow or clear Gatorade, clear soft drinks, white cranberry juice, apple juice, fat free chicken broth, clear chicken bouillon, yellow or clear popsicles, ginger ale, clear fruit juices.
- Avoid all liquids with food coloring.
- Do not consume any solid foods, alcohol, or liquids that you cannot see through.

#### **What to bring to Forest Canyon Endoscopy and Surgery Center:**

- A responsible driver: **You must have a responsible adult 18 years of age or older accompany you, who will stay at Forest Canyon Endoscopy and Surgery Center for the entirety of your procedure. You may use public transportation, although you will still need a responsible adult to accompany you, stay at the facility, and accompany you home. (Failure to comply may result in a cancellation of your procedure).**
- The completed enclosed forms.
- A copy of your insurance card.
- A photo ID.

#### **What to wear:**

- Comfortable loose fitting clothing that is easy to step into.
- Flat shoes or tennis shoes.
- Do not wear jewelry or bring valuables.

*If you need to cancel or reschedule your appointment please call our office at 928-773-2547 or 800-859-2547 at least 3 days prior to your procedure, otherwise you may be held responsible for a \$100.00 fee that cannot be billed to your insurance.*

<p>5 Days Before Your Colonoscopy</p>	<ul style="list-style-type: none"> <li>• Read all preparation instructions.</li> <li>• If you take prescribed blood thinners, (Coumadin, Plavix, and Warfarin) please consult your cardiologist/primary care physician before stopping your medication. If you are unable to stop your medications please call your GI doctor as soon as possible at 928-773-2547.</li> <li>• Stop taking herbal supplements, vitamins, and oral iron supplements.</li> <li>• If you take cardiac or blood pressure medication, please take them as usual, including Aspirin.</li> <li>• Arrange for a responsible driver to stay with you during your procedure.</li> <li>• Expect phone call from a Forest Canyon Pre-op Nurse at least 5 days prior to your procedure.</li> <li>• NO JELLO until after your procedure.</li> </ul>
<p>3 Days Before Your Colonoscopy</p>	<ul style="list-style-type: none"> <li>• Avoid foods that are high in fiber. For example, nuts, seeds, vegetables, and fruits.</li> <li>• Avoid Anti-inflammatory medications like Ibuprofen, Advil, and Aleve.</li> <li>• <b><u>Obtain preparation materials.</u></b></li> <li>• Miralax laxative (small 7 dose bottle)</li> <li>• Miralax laxative (regular 14 dose bottle 238 grams)</li> <li>• Clear liquids for clear liquid diet starting tomorrow at 5PM.</li> </ul>
<p>2 Days Before Your Colonoscopy</p>	<ul style="list-style-type: none"> <li>• Continue avoiding high fiber foods.</li> <li>• Drink plenty of fluids to avoid dehydration and start the cleansing process.</li> <li>• Complete all forms.</li> <li>• Obtain names of physicians you want to receive a copy of your procedure report.</li> <li>• Eat a <b>light</b> meal no later than <b>5 pm</b>. Then begin the <b>Clear Liquid Diet</b> for the remainder of the preparation.</li> <li>• <b><u>5 PM-Take 4 doses of the Miralax Laxative with 32 oz of water. This will cause diarrhea.</u></b></li> <li>• <i>You can discard or save the remainder of the Miralax laxative.</i></li> </ul>

<p>1 Day Before Your Colonoscopy</p>	<ul style="list-style-type: none"> <li>• <b>NO SOLID FOOD</b></li> <li>• <b>NO ALCOHOL</b></li> <li>• <b>CLEAR LIQUID DIET</b></li> <li>• Drink at least 64 oz of additional clear liquids. This will help to avoid dehydration and help with your bowel preparation.</li> <li>• In the morning prepare your <b>Miralax Solution</b>. Mix the entire 238 gram bottle of Miralax with two quarts (64 oz) of Gatorade in a large pitcher. Stir well and add ice. Be sure to stir the solution until the Miralax is completely dissolved.</li> <li>• <b><u>6 AM-drink ½ of the mixture at a rate of 8oz every 10-15 minutes until ½ of the pitcher is gone.</u></b> Place the remaining ½ of the solution in the refrigerator.</li> <li>• Drink an additional 16 oz of fluid.</li> <li>• <b><u>6 PM-drink the remaining ½ of the mixture at the same rate of 8oz every 10-15 minutes.</u></b></li> <li>• <u>Please drink all of the solution and continue to take at least 16oz additional of clear liquids.</u></li> <li>• Remain near restroom facilities.</li> </ul>
<p>The Day of Your Colonoscopy</p>	<ul style="list-style-type: none"> <li>• <b>NO SOLID FOOD, NO Gum, NO Hard Candy</b></li> <li>• <b><u>NOTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE.</u></b></li> <li>• <b>*For your safety, your procedure may be canceled if you eat or drink anything 3 hours prior to your procedure.</b></li> <li>• <u>Your responsible driver must stay at Forest Canyon for the entirety of your procedure.</u></li> <li>• <b>*If you are unable to have a responsible party at the facility for the duration of your procedure, it may be canceled.</b></li> <li>• You may take your morning medications with a sip of water <b>3 hours</b> prior to your procedure.</li> <li>• Take your Steroidal Inhalers (Pulmicort, Flovent, QVAR, Azmacort, and Asmanex) please use <b>2 hours</b> prior to your procedure.</li> <li>• Bring your photo ID and insurance card to Forest Canyon Endoscopy and Surgery Center.</li> </ul>

If you are affected by any of the conditions listed below, please follow these instructions.

<b>Diabetes</b>	<p>Check with your physician that manages your diabetes and inform them that you will be having a Colonoscopy, and that you will be on a clear liquid diet the day prior to your procedure. Check your blood sugars frequently while taking the preparation solution, while on the clear liquid diet, and the morning of your procedure.</p> <ul style="list-style-type: none"> <li>• We recommend that you take only ½ of your normal dose of hypoglycemic medication or insulin the day before the procedure.</li> <li>• <b>No hypoglycemic medication or insulin the day of your procedure.</b></li> <li>• If your blood sugar falls too low you can treat it with clear juice, clear non-diet soda, or glucose gel, although nothing 3 hours prior to your procedure.</li> <li>• If you have questions or concerns please call Forest Canyon Endoscopy and Surgery Center at 928-774-3044 and a nurse can help to clarify these recommendations.</li> </ul>
<b>Aspirin</b>	<p>If you are taking aspirin for your heart, it is recommended to continue taking your usual dosage.</p>
<b>Iron, Herbal Supplements, Vitamins</b>	<p>Please stop taking your iron, herbal, and vitamin supplements, 5 days prior to your procedure.</p>
<b>Blood Pressure</b>	<p>Continue to take your blood pressure medication as directed. If you have a morning appointment and generally take your medications in the morning, please do so at least 3 hours prior and with only a tiny sip of water.</p>
<b>Coumadin, Plavix, Heparin, Lovenox, or other Anticoagulants</b>	<p>Blood thinning medications should be stopped 5 days prior to your procedure. Check with your physician who prescribed your medication as to how to take it before and after your procedure. If you cannot contact your physician, please contact your GI physician as soon as possible at 928-773-2547. If you take Coumadin, and will continue during the week before you are scheduled, you may need a STAT blood test two hours prior to your procedure. Please do not assume that you can safely follow the same medication adjustments that have been made for any previous procedures.</p>
<b>Steroidal Inhalers</b>	<p>Please use your steroid inhalers (Pulmicort, Flovent, QVAR, Azmacort, and Asmanex) <b>2 hours</b> prior to your procedure, and bring all your inhalers with you to your appointment.</p>
<b>Prophylactic Antibiotic Treatment</b>	<p>As of 2012, there are only two known indications for antibiotic prophylaxis before any gastrointestinal procedure</p> <ol style="list-style-type: none"> <li>1.Cirrhosis WITH acute GI bleeding</li> <li>2.Cystic lesions along the GI tract</li> </ol> <p>Other than these two indications, antibiotic prophylaxis is never recommended for a colonoscopy procedure.</p> <p>Contrary to conventional practice (in some locations), antibiotic prophylaxis for a colonoscopy procedure is <b>not</b> recommended for any orthopedic condition, including artificial joints; or for any cardiac condition, including valvular and non valvular cardiovascular devices or synthetic vascular grafts.</p> <p>The reasoning for this is as follows:          Although bacterial translocation of endogenous microbial flora into the bloodstream may occur during an endoscopy because of mucosal trauma related to the procedure. Endoscopy-related bacteremia carries a small risk of localization of infection in remote tissues i.e., infective endocarditis (IE). As you can see from this chart below, there is a greater risk of bacteremia from flossing teeth or using a toothpick, than there is from an EGD or colonoscopy procedure:</p> <p><b>TRANSIENT BACTEREMIA</b></p> <ul style="list-style-type: none"> <li>• 0% to 25% for Colonoscopy and EGD – Lowest Risk</li> <li>• 7% to 51% for just Chewing Food</li> <li>• 20% to 40% for using a Toothpick</li> <li>• 20% to 68% for Flossing Your Teeth</li> </ul>

