

# MIRALAX® COLONOSCOPY PREP INSTRUCTIONS

**YOUR COLONOSCOPY IS SCHEDULED ON:**  **AT**

Time given during pre-op call

**LOCATION:**  ASC (Alberty Surgical Center)  STV (Providence St. Vincent)  
 DSC (Downtown Surgical Center)  LGS (Legacy Good Samaritan)

**IMPORTANT: DUE TO THE PREPARATION INVOLVED, IF YOU NO-SHOW OR CANCEL/RESCHEDULE WITHIN FIVE (5) BUSINESS DAYS OF YOUR PROCEDURE, YOU WILL BE CHARGED \$200.**

**5 DAYS BEFORE PROCEDURE:** STOP TAKING multivitamins, iron, Vitamin E, Omega-3 oils, and/or fiber preparations. Avoid NSAIDS, Advil, Aleve, and Ibuprofen if possible. Tylenol and Aspirin (full strength or baby) are ok.

**3 DAYS BEFORE PROCEDURE:**

**NO:** fresh/raw fruits or vegetables (cooked or canned is ok). **No seeds, nuts, tomatoes, berries, melons, cucumbers, popcorn,** chunky peanut butter, seeded bread, brown rice, quinoa, beans (legumes).

**OK:** some examples are bread (without seeds), applesauce, pasta, eggs, white rice, cooked oatmeal, potatoes, all dairy products, canned fruit, chicken, seafood, beef, pork, cooked/canned vegetables.

**DAY BEFORE PROCEDURE:**

**START A CLEAR LIQUID DIET WHEN YOU WAKE UP IN THE MORNING** (see page 2).  
**NO SOLID FOOD UNTIL AFTER THE PROCEDURE.**  
**NO RED OR PURPLE COLORS**

**LAXATIVE BOWEL PREP START TIME: 5:00 PM**

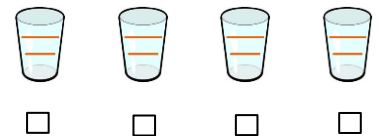
**IMPORTANT:**  
 Drink plenty of clear liquids throughout the entire prep day to stay hydrated. See approved clear liquids list.

**STEP ONE:**

**IN THE MORNING** mix a 238g bottle of Miralax® with 64oz of liquid (i.e. water, Gatorade®, Crystal Light®, apple juice) and place in refrigerator.

**STEP TWO:**

**5:00 PM:** Begin drinking the Miralax® solution. Drink one 8oz cup every 15 minutes until the first 32oz are gone.



**DAY OF PROCEDURE:**

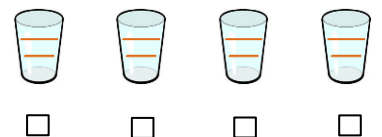
**CONTINUE CLEAR LIQUID DIET.**  
**NO SOLID FOOD UNTIL AFTER THE PROCEDURE.**

**START TIME:**

5 hours before procedure  
 (Time given and to be filled in during pre-op phone call)

**DRINK 2<sup>ND</sup> PORTION OF LAXATIVE BOWEL PREP 5 HOURS PRIOR TO PROCEDURE.**

Drink the remaining 32oz of Miralax® solution. Drink one 8oz cup every 15 minutes.



**IMPORTANT: NOTHING TO DRINK FOUR (4) HOURS PRIOR TO YOUR PROCEDURE TIME, INCLUDING WATER.**

**CLEAR LIQUID DIET AND BOWEL PREPARATION FREQUENTLY ASKED QUESTIONS:**

**REMINDER: YOU WILL START A CLEAR LIQUID DIET WHEN YOU FIRST WAKE UP IN THE MORNING, THE DAY BEFORE YOUR PROCEDURE.**

What is a clear liquid? A good rule-of-thumb is anything you can see through (or read through), EXCEPT ANYTHING THAT IS RED OR PURPLE. Below is a list of acceptable and unacceptable clear liquids.

The purpose of a clear liquid diet is to maintain vital body fluids, salts, and minerals and to also give some energy when normal food intake is interrupted. Clear liquids are easily absorbed by the body, reduce stimulation of the digestive system, and do not leave any residue in the intestinal tract. Red and purple colored foods and drinks stain the GI tract preventing the doctor from getting a clear view, and therefore should be avoided.

<b>ACCEPTABLE</b>		<b><u>UNACCEPTABLE</u></b>	
Broth	Vitamin water	Milk	ANY food or drink with red or purple colors
Jell-O	Plain coffee	Cream	ALCOHOL
Popsicles	Plain tea	Dairy products	
Soda	Hard candies	Soy/nut based dairy liquids	
Apple juice	Non-pulp fruit ice	Protein powders	
WHITE grape juice	Ensure CLEAR (Any flavor/color is ok, even red)	Juice with pulp	
WHITE cranberry juice			
Sports drinks	Water		

**What are the effects of the bowel prep?**

You will have a lot of diarrhea from the bowel prep. Additionally, some people experience nausea, bloating, and/or occasional abdominal discomfort. This will usually begin within 3 hours after you drink the prep. Staying comfortable is important during this time, some tips are:

- Apply Vaseline® or Desitin Ointment® to prevent irritation from wiping
- Reserve the bathroom and bring a book or magazine to read
- Use moistened wipes, such as Charmin Freshmates®, instead of toilet paper to avoid irritation
- Wear pants that are easy to take on and off repeatedly

**My prep hasn't started working yet, is that ok?**

Everyone responds differently to the prep, however, most people should see responses within three (3) hours. If you have not experienced this, then make sure you are drinking enough fluids.

**How do I know when my bowel prep is complete?**

The stool coming out should look like the liquids you are putting into your system – clear or yellow and liquid, without many particles. Even if you see these results prior to finishing your prep, we request that you complete the prep.

**When will I be able to eat normally?**

You can resume eating as soon as you have recovered from the procedure and anesthesia; however we strongly suggest that you ease into solid foods the first day.

**When will my bowel movements return to normal?**

You should see a normal bowel movement pattern within 2-3 days.

If after reading this information you still have questions, please don't hesitate to call our office:

Downtown Office: **503-221-0161, ext. 2130**

Tigard Medical Office: **503-293-0161, ext. 4053**

Downtown Day Surgery: **503-221-0161, ext. 2196**

Alberty Surgical Center: **503-445-9066, ext. 4623**

## FREQUENTLY ASKED QUESTIONS (GENERAL):

I know I was told that you don't know what time my procedure is, but can you please tell me anyway?

**No.** We are unable to provide specific times for patients and we encourage patients to wait for their pre-op phone call to find out this information. **The Surgery Center is very accommodating if there are any special needs, however we are unable to guarantee or give out any specific procedure times until the pre-op call two (2) days prior.**

How long will the colonoscopy take/how long will I be at the facility?

The procedure itself takes about 30-45 minutes, however, plan on being at the Surgery Center for approximately 2.5-3 hours (time from check-in to check-out).

Can I drive myself home after my colonoscopy?

**NO!** While recovering from the anesthesia, it is not safe for you to drive yourself home and you will not be allowed to drive until the day after your procedure. Please arrange for someone to drive you home or request acceptable medical transportation. **You will not be allowed to leave the Surgery Center if you are not accompanied into your home by an adult.** In many cases, taxi drivers are willing to walk you inside your home, however this **must** be arranged prior to your procedure. An acceptable alternative to public transportation is Metro West/Comfort Car. You can contact them at 503-648-6656 and should call ahead to make arrangements.

What if I take a blood thinner like Coumadin, Warfarin or Plavix?

We ask that you stop taking blood thinners **7 days prior to your procedure, or as directed by your doctor.** We will notify your coagulation clinic about your upcoming procedure and they will follow up with you. You may also contact them directly.

What if I take diabetes medications?

If you are diabetic, take only half of your normal diabetic medication dosage on your prep day and procedure day.

What if I take blood pressure medications?

You may continue taking your blood pressure medication normally, unless it has a diuretic (water pill) included. Hydrochlorothiazide (HCTZ) is an example of a diuretic. **If you are taking a blood pressure medication with a diuretic, do not take the medication on your prep day or procedure day.**

What if I take a diuretic (water pill)?

**Do not take your diuretic medication on your prep day or procedure day.** Diuretics increase your chances of dehydration, which we want to avoid. Some examples of diuretics are Hydrochlorothiazide (HCTZ) and Lasix.

What is the difference between a screening and diagnostic colonoscopy?

A screening colonoscopy is a routine procedure done for a patient who is not experiencing any symptoms. A diagnostic colonoscopy is performed on a patient with a previous personal history of polyps or cancer, or to investigate occurring symptoms, such as blood in stools or change in bowel movements. A family history of polyps or colon cancer may also indicate a diagnostic colonoscopy with some commercial insurers. Insurance benefits and coverage may differ between a screening and diagnostic colonoscopy. We recommend you contact your insurance plan for a better understanding of your specific coverage.

Why do I need to give five (5) days notice to cancel or reschedule my procedure?

Due to the required preparation for the procedure and as a courtesy to patients on the waitlist, we must ensure everyone has adequate time to prepare with the necessary food restrictions, transportation requirements, and lab work.

Who can I contact with any billing questions?

Our Patient Accounts department would be more than happy to answer any questions you may have. You can contact them at 503-221-2189, option 1.

## COLONOSCOPY CHECKLIST:

### **BEFORE YOU START:**

- Read all patient information slowly and carefully.
- Make sure you have all the supplies you need.
- Pick up your Miralax® materials from your pharmacy/drugstore.
- Make sure you have done any required pre-operative laboratory/EKG testing. If you are receiving MAC (Monitored Anesthesia Care), you will need to complete blood work and an EKG within 30 days of your procedure. If you are receiving Conscious Sedation, there is no pre-operative testing required.
- If after reading the prep instructions you are unsure of which medications to temporarily stop taking, please contact The Portland Clinic GI department.
- PLEASE NOTE: IF YOU NO-SHOW FOR YOUR PROCEDURE OR CANCEL/RESCHEDULE WITHIN FIVE (5) BUSINESS DAYS OF YOUR PROCEDURE, YOU WILL BE CHARGED \$200.**

### **2 DAYS BEFORE YOUR COLONOSCOPY:**

- Review all preparation instructions.
- Expect a phone call from a nurse to go over pre-operative instructions as well as to give you a check-in time. Fill out this information on the Colonoscopy Prep Instructions page (page 1).
- Confirm your transportation to and from the Surgery Center.

### **1 DAY BEFORE YOUR COLONOSCOPY:**

- START A CLEAR LIQUID DIET FROM THE TIME YOU WAKE UP IN THE MORNING. NO SOLID FOOD AT ALL ON YOUR PREP DAY.**
- Follow the diet instructions.
- Adjust your diabetic/blood pressure/diuretic medications as needed (see page 3).
- Follow the bowel prep instructions.
- Make sure you are available by phone should your doctor's office or the Surgery Center need to contact you.
- Read through the Surgery Center policies and procedures and fill out any necessary forms.
- STAY HYDRATED! The more clear liquids you consume, the easier your prep will be.
- NO SOLID FOOD!

### **DAY OF YOUR COLONOSCOPY:**

- Continue to follow the diet instructions.
- Drink the second portion of your bowel prep 5 hours prior to your procedure.
- If you take nitroglycerin, have asthma inhalers, or use a CPAP machine, please bring them with you to your procedure.
- Bring your insurance card and photo identification.
- Leave valuables at home.
- NO SOLID FOOD UNTIL AFTER THE PROCEDURE!
- ABSOLUTELY NOTHING TO DRINK FOUR (4) HOURS PRIOR TO YOUR PROCEDURE, INCLUDING WATER.**