



# Miralax® (or store brand generic) 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:** Procedures scheduled at the ambulatory surgical center require a 14-day notice for cancellations. Appointments canceled with less than 14 days' notice are subject to a \$400 missed surgery/late cancellation fee.

Procedures scheduled at an offsite hospital require a 30-day notice for cancellations. Appointments canceled with less than 30 days' notice are subject to a \$400 missed surgery/late cancellation fee.

**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) is ok.

**3 DAYS BEFORE PROCEDURE: NO:** fresh/raw fruits or vegetables (cooked or canned is ok). **No seeds, nuts, tomatoes, berries, melons, cucumbers, chunky peanut butter, seeded bread, brown rice, 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**

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

**IMPORTANT:** Drink at least 64 oz of clear liquids throughout the day prior to starting the laxative. See approved clear liquids list.

**STEP ONE:**

\_\_\_ Mix a 238g bottle of Miralax with 64-oz of approved clear liquid. Stir thoroughly until the powder is dissolved.

**STEP TWO:**

\_\_\_ **Drink** the first half of the solution over the next 60 minutes. Place the rest in the fridge.



**DAY OF PROCEDURE:**

**CONTINUE CLEAR LIQUID DIET**

**NO SOLID FOOD UNTIL AFTER THE PROCEDURE**

**DRINK-2<sup>ND</sup> PORTION OF BOWEL PREP**

**BOWEL PREP START TIME:**

(Time given during pre-op phone call)

**STEP ONE:**

\_\_\_ **Drink** the second half of the solution over the next 30-60 minutes.

**IMPORTANT: NOTHING TO DRINK AFTER YOU FINISH THE SECOND HALF OF YOUR PREP, INCLUDING WATER**

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

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

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.

<b>ACCEPTABLE</b>		<b><u>UNACCEPTABLE</u></b>	
Broth	Sports drinks	Milk	ANY food or drink with red or purple colors
Jell-O	Vitamin water	Cream	
Popsicles	Plain coffee	Dairy products	
Soda	Plain tea	Soy/nut based dairy liquids	ALCOHOL
Apple juice	Hard candies	Protein powders	
WHITE grape juice	Non-pulp fruit ice	Juice with pulp	
WHITE cranberry juice	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, you should still finish 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:

TPC Main Number: **503-221-0161**

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

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 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 about a week 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 about 2.5-3 hours (time from check-in to check-out).

Can I drive myself home after my colonoscopy? **NO.** Because of the sedation you will be receiving, you **must** have a responsible adult take you home. Patients receiving anesthetic agents other than local anesthesia should be supervised in the immediate post-discharge period by a responsible adult for at least 12-24 hours.

What if I take a blood thinner like Coumadin, Warfarin or Plavix? What if I take a blood thinner like Coumadin, Warfarin or Plavix? As directed by your provider. If you have not discussed blood thinners with your provider, reach out to them for instructions.

What if I take diabetes medications? If you are diabetic, take only half of your normal medication dosage on your prep day and procedure day. Because you know your body better than we do, you should manage your blood sugar as needed or as directed by a physician. If you have a low blood sugar during office hours, call the Surgery Center. If you have a low blood sugar after hours, contact the physician on call (503) 221-0161.

What if I take blood pressure medications?-Do not take angiotensin receptor blockers (ARBs) or ace inhibitors the day of your procedure. An example of an ARB is losartan. An example of a ace inhibitor is lisinopril.

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.

Can a patient go in for a screening colonoscopy but then have to pay for a diagnostic procedure? **Yes.** Even if the patient has no symptoms, the procedure will be classified as a diagnostic colonoscopy if a polyp is found and removed. Furthermore, other findings that would necessitate the need for a biopsy **may be classified as diagnostic** as well.

Why do I need to give 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 can answer any questions you may have. You can contact them at 503-221-2189, option 1.

## **COLONOSCOPY CHECKLIST:**

### **BEFORE YOU START, ABOUT ONE WEEK PRIOR TO YOUR PROCEDURE:**

- Read all patient information slowly and carefully.
- Make sure you have all the supplies you need.
- Pick up your Miralax (or store brand generic) materials from the store. No prescription is needed.
- Make sure you have done any required pre-operative laboratory/EKG testing. If you are receiving IVGA (intravenous general anesthesia), you may need to complete bloodwork and an EKG within 30 days of your procedure.
- If after reading the prep instructions you are unsure of which medications to temporarily stop taking, please contact The Portland Clinic GI department.
- Procedures scheduled at an ambulatory surgical center require a 14-day notice for cancellations. Appointments canceled with less than 14 days' notice are subject to a \$400 missed surgery/late cancellation fee. Procedures scheduled at an offsite hospital require a 30-day notice for cancellations. Appointments canceled with less than 30 days' notice are subject to a \$400 missed surgery/late cancellation fee.
- Expect a phone call from a nurse about a week before your procedure 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).

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

- Review all preparation instructions given from the office. Do not follow the prep instructions included with the prescription.
- 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 given by The Portland Clinic GI department.
- 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 as directed by the Surgery Center nurse.
- If you take nitroglycerin or have asthma inhalers 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 AFTER YOU FINISH THE SECOND PART OF THE PREP, INCLUDING WATER!**