

# COLONOSCOPY BOWEL PREPARATION

## Miralax

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

Read these instructions at least **ONE WEEK** before your scheduled appointment so that you understand how to adequately prepare for the colonoscopy procedure. It is very important that you follow all instructions carefully because inadequate bowel preparation can result in missed lesions, increased procedural time, a potential increase in complication rates and may require that your procedure be rescheduled.

In addition, please contact your insurance company to determine if you will have any out-of-pocket cost for your procedure.

If you have any questions about your *procedure preparation* or *medication guidelines*, please contact your scheduler,

\_\_\_\_\_ , at (614) 458-1183, extension # \_\_\_\_\_.

### Procedure Location

 Go to Outpatient Registration at the location indicated below.

Downtown Endoscopy Center  
700 E. Broad St., 1st Floor  
Columbus, OH 43215

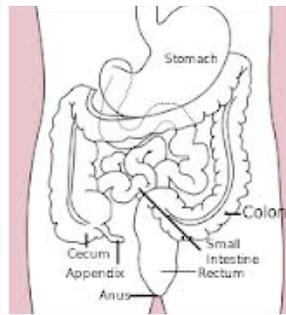
Westerville Endoscopy Center  
300 Polaris Parkway, Suite 1500  
Westerville, OH 43082

Riverview Surgery Center  
2401 N. Columbus St.  
Lancaster, OH 43130

Grant Medical Center  
Surgical & Heart Entrance  
300 E. Town St.  
Columbus, OH 43215

Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please note: your arrival time is subject to change based upon the facility's schedule. You will receive a reminder call approximately two (2) days before your scheduled procedure at which time your arrival time will be confirmed. Please arrive at the time given to you by the facility.



**“A colonoscopy is an exam used to detect changes or abnormalities in the large intestine (colon) and rectum. During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the entire colon. If necessary, polyps or other types of abnormal tissue can be removed through the scope...tissue samples (biopsies) can be taken during a colonoscopy as well”.**

- MayoClinic.org

#### 3-4 days prior to your procedure:

Purchase the following over-the-counter (they may be name brand or generic):

- 238g bottle of Miralax
- 5mg Dulcolax (bisacodyl) tablets
- 64oz of Gatorade or Crystal Light (NO red)

Do not eat corn or beans; their outer layer may take longer for your body to digest.

Do not eat popcorn, seeds, nuts, etc. as they have the potential to damage the colon scope.

Please note: If you eat the above foods, it will NOT prevent your procedure from being performed! We just ask that you make every effort to avoid these things.

#### The day before your procedure:

- **No SOLID FOODS! No RED!**

- Only consume clear liquids such as soup broth, strained fruit juice, coffee, tea, soft drinks, white grape juice, lemonade, etc. You can have jello (no fruit cups or cream) & popsicles (as long as they aren't red!)

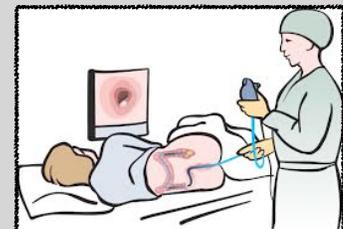
- Do not drink red liquids or dark purple (e.g. grape juice); they can stain your colon and hinder visibility

- Avoid dairy products (these take longer to digest)

#### On the day of your procedure:

- Do not eat or drink anything after midnight the night before, or the day of, your procedure. This includes water.

- Do not take your medications unless instructed to do so (see medication guidelines)



**Blood Thinners**

Please discuss with your prescribing physician whether or not it is safe for you to discontinue your blood thinners (i.e. Coumadin) for 4 days prior to your procedure. Please inform the Dr and Nurse if you are unable to stop them at the time of your procedure.

**Blood Pressure, Seizure, & Heart Medications**

These medications may be taken 3 hours prior to your procedure with a small sip of water.

**Diabetic Medications**

These medications are not to be taken the morning of the procedure. You may bring them with you to take after your procedure or take them when you get home.

**Iron Supplements**

Iron Supplements must be stopped one (1) week prior to your procedure. This medication makes the colon very dark, so it makes it difficult to see and increases the chances of your physician missing lesions, polyps, etc. Iron infusions do not cause this and are okay to continue.

**Non-Steroidal Anti-Inflammatory (NSAID) Medications & Chronic Pain Medications**

NSAID medications should be stopped 4 days before your procedure. This includes (but is not limited to) Advil, Aleve, Ascriptin, Celebrex, Empirin, Ibuprofen, Motrin, Naprosyn, Piroxicam, Sulindac, Voltaren.

If you need to take any medication for pain, you may take Tylenol (acetaminophen). If you take chronic pain medications, you may take them the morning of your procedure (3 hours before), but it is preferred that you do not since you will be administered pain medications for your procedure.

If you take any of these medications prior to your procedure, please inform your physician and nurse.

**If you are unsure about the type of medication(s) you are taking, please contact your pharmacist.**

**MIRALAX BOWEL PREPARATION INSTRUCTIONS**

The entire day before your procedure you will be on a clear liquid diet; you will drink the bowel prep the afternoon before your procedure.

1. At 12pm, take four (4) 5mg Dulcolax (bisacodyl) tablets.
2. At 3pm, mix the entire bottle of Miralax in 64oz of Gatorade and shake until the Miralax is dissolved. (note: If you are diabetic, you may use Crystal Light).  
DO NOT USE RED!
3. Drink an 8oz glass every 10 to 15 minutes until all of the solution is gone,
4. Continue drinking clear liquids until bedtime. However, do not consume anything after midnight.

**BIOPSY RESULTS**

If biopsy is taken during your procedure, we will contact you with those results within 7-10 business days after your procedure. If you do not hear from us, please call our office at (614) 458-1183 and dial the corresponding extension for your physician's medical assistant:

Dr. Gordon Kim (ext. 230)  
Dr. Tasos Manokas (ext. 248)  
Dr. Adam Tzagournis (ext. 222)  
Dr. John Tzagournis (ext. 226)  
Dr. Michael Tzagournis (ext. 225)

**TRANSPORTATION**

For your safety, you **must** have an adult accompany you to the procedure and remain at the facility the entire time. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.