

Colonoscopy MiraLax Split Prep

Please read all instructions at least **14 days** before your procedure.

Please provide 72 business hours cancellation notice to avoid a \$75.00 cancellation fee.

Name: _____ Date: _____

Location: _____

Arrive at: _____ to register and the procedure will be performed at _____ a.m./p.m.

(Date / Time Subject To Change)

CHECK WITH YOUR INSURANCE COMPANY: Ensure we are a participating provider, that your procedure is covered, and what your out of pocket cost will be. You may be required to get pre-certification and/or pre-authorization. Be sure to ask about any fees charged by the facility and anesthesiologist. Procedure code range is CPT 45378 through 45385, G0105 and G0121.

NO DRIVING: You cannot drive, use a taxi, or a bus after the procedure. You must be accompanied by an adult during your **entire** stay. If you fail to do so, the medical facility may cancel your appointment. **You need someone to assist you for 24 hours after the procedure.**

PURCHASE AT THE PHARMACY: 4 Dulcolax laxative tablets, 1 MiraLAX (polyethylene glycolax) 238 gram bottle and 64 ounces of a non-red beverage, such as Gatorade or Powerade, flattened 7Up, Sprite or ginger ale (diet or regular), lemonade, or tea.

14 DAYS BEFORE THE PROCEDURE:

Stop taking all diet aids such as Phentermine, Hydroxycut, Slimquick or any natural diet supplements.

DIETARY INSTRUCTION:

1. 7 days before procedure stop eating salads, popcorn, corn, black beans, nuts, seeds, and oatmeal.

MEDICATION INSTRUCTIONS:

1. Stop taking blood thinners (Aspirin 325 mg, Coumadin, Plavix, Pradaxa, Effient, etc.). We will contact prescribing physician to obtain clearance. We will inform you of the instructions.
2. 5 days before procedure stop taking all ibuprofen, Motrin, Glucosamine, fish oil, flax seed oil, Lovaza, iron, vitamin E, vitamin C, arthritis medications as well as multi-vitamins.
3. You may take Tylenol, Celebrex, Ultram, Methotrexate and Aspirin 81 mg.

ONE DAY BEFORE THE PROCEDURE:

1. You may have a regular breakfast before 9:00 am. Then start a clear liquid diet which includes black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, Jell-O, Popsicles and pop that do not contain red food coloring. No solid foods, alcohol, or dairy products.
2. **3:00 pm:** Take 4 Dulcolax tablets.
3. **5:00 pm:** Mix the whole bottle of 238 gram MiraLax in the 64 ounces of non-red beverage. Mix until dissolved. Drink 8 ounces of liquid every 15 minutes.

Visit WWW.KGH-DHC.COM for detailed maps and directions or call 269-385-9900

for a total of 6 glasses (48 ounces.) Place the other 16 ounces of mixture in the refrigerator to store overnight to drink the next day.

4. If nauseous during prep, stop for 30 minutes. Mix 1 tsp. lemon juice with 4 ounces of water and sip as much as you need and then restart prep.
5. **If diabetic, take half of your insulin dose.**
6. Continue drinking clear liquids. **NO solid foods until after your colonoscopy.**

DAY OF PROCEDURE:

1. Start drinking the other 2 glasses of the Miralax mixture **4 hours** before your arrival at the facility for the procedure. If your arrival time is at 8 am, you must get up at 4 am, etc. Drink 8 oz. every 15 minutes for a total of 2 glasses.
2. **If you are diabetic, do not take your morning dose of insulin or your oral diabetic medications.**
3. If you take any other medications, you may take them 3 hours before your arrival for your procedure with a small amount of water. Please take blood pressure and heart medications such as beta blockers. **All fluids must be stopped 2 hours before arrival for the procedure.** Call the office if you have any questions about the medication instructions.
4. Please leave all jewelry and valuables at home.
5. Arrive at the facility at the time indicated at the beginning of instructions.

<p><u>OVERVIEW:</u></p> <p>1 day before</p> <ul style="list-style-type: none">• Regular breakfast before 8 am, then start clear liquid diet.• At 3 pm take the 4 dulcolax tabs.• At 5 pm mix the whole bottle of Miralax in 64 oz non-red beverage until dissolved. Drink 8 oz every 15 mins for a total of 6 glasses. Place the other 16 oz in the refrigerator to drink the next day.• If diabetic, take half of your insulin dose.	<p>Day of Procedure</p> <ul style="list-style-type: none">• 4 hours prior to your arrival time, drink the last 2 glasses (8 oz. every 15 min) of mixture.• All liquids must be stopped 2 hours before arrival for procedure.• 3 hours prior to your procedure, PLEASE take your daily blood pressure and heart meds.• If diabetic, do not take your morning dose of insulin or oral meds.• Arrive at the facility at the time indicated at the beginning of instructions.
---	---

ITEMS TO BRING WITH YOU TO THE PROCEDURE:

1. Insurance cards.
2. Photo I.D.
3. Responsible adult to drive you home. The driver must stay with you the entire time. No drop offs and pick ups allowed.
4. List of your current medications and allergies.

Visit WWW.KGH-DHC.COM for detailed maps and directions or call 269-385-9900