

# Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

## COLONOSCOPY PREPARATION INSTRUCTIONS – MiraLAX and Bisacodyl with Crystal Light™ (split dose)

Use for patients with diabetes on medication, renal insufficiency/kidney failure or congestive heart failure

Appointment: Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Doctor \_\_\_\_\_

### YOUR PREP IS THE KEY TO A SUCCESSFUL COLONOSCOPY

7 Days Before	4 Days Before	Day Before	Day of Procedure
<p><input checked="" type="checkbox"/> <b>Regarding Aspirin:</b> If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do NOT stop Aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure.</p> <p><input checked="" type="checkbox"/> Tylenol and Acetaminophen are <b>okay to take</b></p> <p><input checked="" type="checkbox"/> Purchase <b>ALL</b> of the following items <b>over-the-counter</b> at your local drug store:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <b>MiraLAX (238 grams) and MiraLAX (119 grams)</b> </li> <li><input checked="" type="checkbox"/> <b>4 Bisacodyl tablets</b> (5 mg each tablet). There are several brands of Bisacodyl available. If you are not sure, ask the pharmacist to help you find what you need.</li> <li><input checked="" type="checkbox"/> <b>Crystal Light™, enough to make 96 oz</b> when mixed in water (no purple or red color)</li> </ul> <p><input checked="" type="checkbox"/> Read Instruction sheet (front and back)</p> <p><input checked="" type="checkbox"/> Read Drivers Responsibilities sheet</p> <p><input checked="" type="checkbox"/> If diabetic, read Pre-Procedure Diabetes Medication Instruction sheet</p>	<p><input checked="" type="checkbox"/> Confirm driver</p> <div style="text-align: center;">                   No Driver = No Sedation             </div> <p><input checked="" type="checkbox"/> Remember to pre-pay per benefit letter or telephone call</p>	<p><input checked="" type="checkbox"/> No <b>solid</b> food</p> <p><input checked="" type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening, in addition to the prep below, to stay hydrated</p> <p><b>Clear liquids</b> include apple juice, white grape juice and cranberry juice; <b>low sodium</b> beef, chicken or vegetable broth; plain tea, black coffee; soda pop, Crystal Light, Kool-aid, Jell-O, Popsicles, and water (<b>Nothing with red dye such as “red 40”</b>)</p> <p><input checked="" type="checkbox"/> No dairy, No juice with pulp, No alcohol</p> <p><input checked="" type="checkbox"/> At <b>12:00 noon</b> take 4 Bisacodyl tablets</p> <p><input checked="" type="checkbox"/> <b>Between 3:00 pm and 6:00 pm</b> mix <b>238 grams</b> of MiraLAX with 64 oz Crystal Light™ until dissolved. Drink 8 oz every 15-30 minutes <b>until the entire 64 oz is gone</b>. If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace.</p> <div style="text-align: center;">                   Mark off each time you drink an 8 oz glass             </div> <p><input checked="" type="checkbox"/> If you are on Lovenox injections, stop 12 hours before appointment</p>	<p><input type="checkbox"/> <b>If Arrival Time is before 11:00 am:</b></p> <p><b>At 3:00 am</b> mix <b>119 grams</b> of MiraLAX in 32 oz Crystal Light™ until dissolved. Drink 8 oz every 15-30 minutes <b>until the entire 32 oz is gone</b>.  If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace. Finish no later than 5:00 am. <u>Do not drink anything after 5:00 am.</u></p> <p><input type="checkbox"/> <b>If Arrival Time is after 11:00 am:</b></p> <p><b>At 7:00 am</b> mix <b>119 grams</b> of MiraLAX in 32 oz Crystal Light™ until dissolved. Drink 8 oz every 15-30 minutes <b>until the entire 32 oz is gone</b>.  If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace. Finish no later than 9:00 am. <u>Do not drink anything after 9:00 am.</u></p> <p><input checked="" type="checkbox"/> Do <b>NOT</b> take any diabetes medication</p> <p><input checked="" type="checkbox"/> <b>DO</b> take blood pressure, heart, lung, seizure, and psychiatric medication</p> <p><input checked="" type="checkbox"/> Wear comfortable clothing, including socks, to keep your feet warm</p> <p><input checked="" type="checkbox"/> Do not wear jewelry, tight belts, pantyhose, cologne or perfume</p> <p><input checked="" type="checkbox"/> Leave money and other valuables at home</p> <p><input checked="" type="checkbox"/> Your driver must remain in the Endoscopy waiting area during your stay, approximately 2-2½ hours from your arrival time</p> <p><input checked="" type="checkbox"/> Bring insurance card(s), co-pay (if required), and driver’s license or photo ID</p>
<p><b>Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW:</b></p> <p><input type="checkbox"/> Antiplatelet agents such as: Aggrenox, Plavix, Clopidogrel for _____ days before procedure</p> <p><input type="checkbox"/> Blood thinners such as: Warfarin, Coumadin for _____ days before procedure</p> <p>You will be given instructions about when to restart this medication after your procedure. Call our office if you do not receive those written instructions.</p>			

## Location, Tips and Other Information

Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**  
Memorial Medical Plaza, Suite 150 (1<sup>st</sup> Floor, turn left inside Main Entrance)  
500 Lilly Road N.E., **Suite 150**, Olympia, WA 98506
- Providence St. Peter Hospital Endoscopy Center (360) 413-8250**  
413 Lilly Road N.E., Olympia, WA 98506 (Admission Desk in Main Lobby)
- Mason General Hospital (360) 427-2733**  
901 Mountain View Drive, Shelton, WA 98584 (Front Desk in Main Lobby)

### **Your Prep is the Key to a Successful Colonoscopy:**

The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

### **In Planning Your Procedure, Have You Told Us If You:**

- Could be pregnant
- Have had a recent hospitalization or major health event

### **Mixing Your Bowel Preparation:**

- MiraLAX is a type of PEG 3350 oral solution. Although instructions may be included with the container, **MIX** preparation according to instructions on the front side of this form.
- If you prefer to drink your fluid chilled, you may mix your preparation earlier in the day and place it in the refrigerator.

### **Taking Your Bowel Preparation:**

- Colonoscopy preparation can very rarely cause a potentially life-threatening sodium imbalance. It is very important to drink clear liquids as instructed to stay hydrated.
- Bowel movements will be different for everyone, but will eventually become watery. Some people have diarrhea soon after taking the Bisacodyl tablets and some people don't have diarrhea until they start drinking the liquid preparation later in the evening. Some amount of yellow/green color and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace.
- Drink the full amount of preparation, even if it takes more time. Using a straw may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office at (360) 413-8250 after 6:30 am.

### **On Your Procedure Day:**

- You must bring a driver at least 18 years of age with you to your procedure. We ask that your companion remain in the Endoscopy Center waiting area throughout your procedure and recovery (Read the Driver's Responsibilities form included).
- Plan to be here 2-2 ½ hours. Procedure time will be much less than that.
- Your judgment and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.
- We discourage going "out" to eat at a restaurant after your procedure; plan your first meal at home.
- At Gastroenterology Associates Endoscopy Center in Olympia you may wear a short sleeved shirt during your procedure.

Visit our Website at [www.gastroassociates.org](http://www.gastroassociates.org) to take a picture tour of our facility or obtain more information