Preparing For Your Colonoscopy
Miralax

Please Read and Follow the Instructions

What to Bring:
- Arrange for someone to drive you home. If you have not arranged for someone to drive you home your procedure will be **cancelled**. We prefer the driver to stay during the procedure. You will be sedated during your procedure and will not be allowed to drive for 12 hrs. In addition, someone will need to be with you and check on you after the procedure. You must have a responsible person over the age of 16 to accompany you home.
- Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To obtain coverage for these procedures, you will need to contact your insurance company. Bring your co-pay(s) you will have one co-pay for your physician and one for the hospital.
- Bring picture I.D.

What to Wear:
- Wear comfortable loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. **Do not wear jewelry/watch or bring valuables.**

Medical Conditions  If you have any of the conditions listed below follow the instructions:
- **Diabetes** - Normally we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check you blood sugar frequently while taking the prep solution and the morning of your procedure.
- **Aspirin** – If you are taking aspirin due to a doctor’s order to prevent stroke or heart attack continue to taking the aspirin. Stop taking your aspirin if you take it for other reasons.
- **Ibuprofen, Advil, Excedrin, Motrin**- Stop 7 days prior to your colonoscopy.
- **Coumadin (warfarin), Plavix (clopidogrel), Heparin, Lovenox (enoxaparin)** or other anticoagulants – call your Primary Care Physician or Cardiologist for instructions. Notify your gastroenterologist office of recommendations.
About Your Visit Time:
All procedures vary in length. Due to these differences your procedure start time may need to be adjusted on the day of your procedure. Every effort will be made to keep your appointment at the scheduled time. Unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for their procedure.
You should plan to stay at the hospital 2-4 hours.

Directions and Parking
The endoscopy (GI) department is located on the 4th floor of Logan Regional Hospital Budge Clinic. Address is 1350 North, 500 East, Logan. The easiest way to get to the department is park in the Budge Clinic parking lot off 1300 North. Enter the South Entrance; take the elevators to the 4th floor.

Cancel or Questions
If you have questions please call 435-716-1260. For cancelation we require 72 hours notice or as soon as possible.

Interpreter Service
If you need an interpreter provided please contact the Gastroenterology Department at 435-716-5900

Confirming Appointment
The GI Lab will confirm your appointment 1 week before your procedure. There are pre-procedure questions we need to ask. If you have not been contacted the GI Lab, please call 435-716-1260

Questions regarding your prep
If you have questions regarding your prep call our office at 435-716-1265. If after office hours or the weekend please call 435-716-1000 and ask for the GI nurse on call.

You will be receiving a phone call from Intermountain Health Care to register you. If you need financial assistance call:
- Uninsured 801-442-1023
- Cost Estimates 855-442-8601
  Toll free number for Registration 888-269-8674

Questions To Ask Your Insurance Provider:
- I am scheduled for a colonoscopy what is my financial responsibility?
- If polyps are found does it change what I am responsible to pay?
- What is my deductible?
  - Has it been met?
Your Insurance Provider may ask for these CPT Codes:
- Screening colonoscopy 45378
- Biopsy 45380
- Polyp/Snare 45385

03/03/2017
Colonoscopy Bowel Preparation Instructions
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Please read All of these instructions carefully. The exam cannot be performed if your colon is not properly cleansed. If you have any questions after reading these instructions, please call your physician’s office 435-716-1260

Five Days Before Your Colonoscopy

Purchase the following

- Two (2) 238g (14 days) bottles of Miralax powder or (polyethylene glycol 3350)
- One (1) 10 oz. bottle of Magnesium Citrate
- Four (4) quarts of Propel, PowerAde or Gatorade. Purchase more Propel, PowerAde or Gatorade for additional fluid intake. Diabetics should use low calorie Propel, PowerAde or Gatorade or similar liquid. Diabetics should check sugar content of all clear liquids.

- Stop herbs, vitamins, and oral iron supplements. Stop any anti-inflammatory medications. (Motrin, Ibuprofen, Advil). Tylenol and Celebrex (celecoxib) are okay to continue.
- Contact your prescribing physician for instruction on dosage of blood thinner and or diabetic medications.

Two Days Before Your Colonoscopy

- You may eat a regular dinner, but stop eating solids after 7:00 pm. Thereafter you may continue to drink clear liquids only. At 7:00 pm drink one 10 oz. bottle of Magnesium Citrate. You may continue to drink clear liquids.

Day Before Your Colonoscopy

- No Solid Food
- Start the clear liquid diet all day (see clear liquid diet).
- Start Colonoscopy Prep (see instruction below). Start the prep at 5:30 p.m. the day before the procedure and you should be finished by bedtime. Make sure you stay near a bathroom while you prep. If you get nauseated during the prep, stop for one hour and then resume. Colonoscopy preparation can be dehydrating, so make sure you drink plenty of additional clear liquids all day.
- You may apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.
Colonoscopy Preparation Instructions

Day before your Procedure

- Step 1: Mix your first bottle of Miralax powder into (2) quarts Propel, PowerAde or Gatorade
- Step 3: Drink 1 glass (8 oz.) of the Miralax solution every 20 minutes until the entire two (2) quarts are gone. (This should take about 3 hours.) If you get nauseated, stop for one hour then resume.
- Step 4: Remember to keep drinking other clear liquid fluids while you prep to prevent dehydration.

Day of your Procedure

- Step 5: 5 1/2 hours before your scheduled procedure time take mix your second bottle of Miralax powder into two (2) quarts Propel, PowerAde or Gatorade
- Step 6: Drink 1 glass (8 oz.) of the Miralax solution every 20 minutes until the entire two (2) quarts are gone. (This should take about 3 hours.)
- Your stool should be a clear yellow or green watery consistency once you finished the prep. If your stool is not clear yellow or green watery consistency you need to call office or the GI Lab. Remember to keep drinking other clear liquids to continue the bowel cleansing process and to prevent dehydration.
- You may drink as many clear liquids as you need, up to (4) hours prior to your exam, but you MUST NOT take anything by mouth after that. And remember, NO SOLID FOODS.

If you feel the preparation is not working, notify the Endoscopy Department at 435-716-1260

Clear Liquid Diet (one day before exam)

A clear liquid diet consists of clear liquids only. The diet is designed to be easily absorbed, with minimal digestive activity, while leaving as little residue in your colon as possible.

Recommendation for Clear Liquids

Propel, PowerAde and Gatorade are the preferred clear liquids, use low-calorie if you are diabetic, (no red, purple or orange) Clear fruit juices, white grape juice and apple juice
Water
Kool-Aide, (no red, purple or orange)
Clear soup or bouillon
Popsicles (no red, purple or orange)
Tea or coffee without cream (can use honey, sugar or sweetener)
Hard candies, chewing-gum
Soda- 7-up, Sprite, Pepsi, Coke, Ginger ale, (no red, purple or orange)
Jell-O (no red, purple or orange)

Definition of a Clear Liquid Diet— if you can see through it you can drink it.