

Name: \_\_\_\_\_ (Page 1 of 4)

Procedure on: \_\_\_\_\_ Report at: \_\_\_\_\_ Franciscan Hosp/Unity Surgery Ctr.

**7 days before the procedure MIRALAX PLUS PREP INSTRUCTIONS (colon or EGD+colon)**

- Read the prep instruction sheet. There may be some medicines you need to stop
- Arrange a driver, who will observe you for at least 4 hours, and preferably overnight
- Purchase your prep. You need only over the counter meds. No Prescription needed. See the items in the box on Page 2**
- Purchase clear liquids (can see thru them; no red, orange or purple). See page 2 of prep sheet
- If you have pacemaker, defibrillator or nerve stimulator, fax both sides of card to 765-807-0534 along with the name of the physician who placed the device
- If you have problems with severe constipation or history of poor colon prep, please notify our office*

- 3 days before procedure**
- Read again and familiarize yourself with the prep
  - Check with your cardiologist if they have faxed the pacemaker/AICD form (if you have one)
  - Make sure you have stopped some medications as advised on page 2

**Check list before your leave home for procedure. Bring with you:**

- Completed forms, Living will, POA paperwork. **Give in Dr. Mahajan's hands**
- Driver's license. Current insurance card
- Pacemaker/defibrillator/ nerve stimulator card (Fax both sides to us a week in advance)
- Portable C-PAP machine, if you use one
- Medicine list, medicine bottles, copies of any labs, ultrasound, CT, previous procedure report
- Stools should be clear (color does not matter). Should be able to see bottom of toilet.**

**FREQUENTLY ASKED QUESTIONS**

**1) "I threw up the prep, what do I do?"**

If it has been 30 minutes or more from when you drank the prep, you should continue drinking the prep as instructed as it still can work. You may delay the next dose 30 minutes, until you feel less nauseous. You should see results within 3-4 hours. Other TIPS to get the prep down:

- i) Slow down, you can spread out the prep over longer period of time in order to keep it down
- ii) chill liquid thoroughly, serving over ice. Drink with a straw
- iii) follow with ginger ale or other liquids, lemon lime also helpful
- iv) suck on hard candy to take taste out of mouth. Brush teeth or use of mouth rinse
- v) Busy yourself with an activity for distraction

**2) "The prep doesn't seem to be working-what do I do?"**

Something you can do is drink extra amounts of clear liquids. If you normally have constipation, it could take 5-6 hours to work, so give it time. If you had a bowel movement several hours prior to taking the prep you may not see results with first dose. Continue the prep as per instructions. Take two additional Dulcolax pills

**3) "Can I take my heartburn, blood pressure etc. medications the night before and morning of the prep?"**

See page 1 of your prep sheet. It gives a list of allowed medications. Continue your anxiety medications, antidepressants, heart medications and pain medications (except nonsteroidals). Do not take nonsteroidals like Aleve, ibuprofen, Motrin, as well as medications like Excedrin etc. Tylenol is okay for aches and pains

**4) "I have a cold, can I still have my procedure?"**

If you have a fever greater than 100.5 Fahrenheit, you need to reschedule your procedure. If you have mild cold symptoms, you can consider rescheduling if you wish

**5) "I'm on my menstrual cycle. Do I need to reschedule my procedure?"**

It is okay to proceed with your colonoscopy as scheduled. Use a tampon prior to coming for the procedure. Remove your tampon after returning home, to prevent toxic shock syndrome (unrelated to your procedure).

Name: \_\_\_\_\_

**PLEASE READ INSTRUCTIONS 7 DAYS, 3 DAYS AND AGAIN 1 DAY BEFORE PROCEDURE.**

(Please bring power of attorney and living will paper work, if patient unable to consent.)

Colonoscopy is a procedure to examine the colon. A small flexible tube with light and miniature camera is inserted into your rectum. Medication is given by I. V. to keep you comfortable during your exam. The risks include but are not limited to pain, bleeding, infection, medication reactions (irregular heart rhythm or breathing difficulties), bowel perforation, need for blood transfusion, surgery or repeat colonoscopy, ICU stay and even rarely death. Though the best test available at present, colonoscopy is not a perfect test to prevent colon cancer. If you are scheduled for a screening / preventative colonoscopy, please note that if a polyp is removed or biopsy taken, the procedure may be considered diagnostic and may not qualify for coverage as a screening service. Insurance company policies vary regarding these matters, and we urge you to contact your insurance company to obtain their policy on these types of procedures. **Some procedures are scheduled directly. However, if you wish to first have a consultation with the doctor in the office, to discuss the procedure, sedation, risks and complications, alternatives etcetera, please notify our office and schedule a clinic visit instead.**

**Purchase:** (No prescription needed.)

- Miralax or generic (238 gm) x **2 bottles** (polyethylene glycol)
- Bisacodyl 5 mg (generic for dulcolax) **8 tablets**. (You may be left with some extra tablets.)
- 32 oz. water or yellow, green or blue gatorade (Diabetics use low sugar preparation.) x **4 Bottles** (Total 4 liters or approx. 1 gallon.)
- Gas-X, **6 tablets, chewable tablets**. (Simethicone)

You can buy these items individually at any pharmacy or get "Pick & Go Kit" at CustomPlus Pharmacy, 482 W. Navajo Street, Suite A, West Lafayette, IN. Telephone: 765-463-2600. Cost was \$35 on 12/1/19.

Obtain Clear liquids for consumption on day prior to procedure (see the bottom of Page 3). **Avoid red, orange or purple color.**

**Preparation**

1. Stop 7 days before the procedure:

- Aspirin (check with your cardiologist or neurologist). Avoid Ecotrin, Excedrin and Bufferin.
- Nonsteroidals like ibuprofen, Feldene, Relafen, Aleve, Celebrex, Naprosyn Motrin, Midol etc.
- Metamucil, fish oil, flaxseed, vitamin D, omega-3 fatty acids.
- Iron pill, vitamins, and weight loss medications such as Meridia and Olestra.
- Herbal medications including Ginseng, Ginkgo biloba etc.  
(You can continue Tylenol, ultram, hydrocodone, lortab, Soma, Lyrica, Neurontin, narcotics.)

2. Stop 5 days before the procedure:

- Coumadin, Plavix, Effient (please obtain approval from your cardiologist, neurologist, or primary care physician to stop these.)

3. Stop 4 days before the procedure:

- Pradaxa (please obtain approval from your cardiologist or neurologist.) Stop weight reduction pills. Stop any CBD oil or hemp oil.

4. Stop 3 days before the procedure:

- Fatty and greasy foods. Avoid beans, corn, seeds. Stay on low fiber and low fat diet
- Eliquis, Xarelto and Savasya.

5. Do not take on the morning of the procedure:

- Insulin or diabetic medication (check with your primary care physician for approval) or Lovenox.

6. Medications allowed on the morning of your procedure with few sips of water:

- Blood pressure medications, heart medications.
- Seizure medications.
- Breathing medication, anxiety, depression medications, routine pain medications and medications like Tylenol, hydrocodone (avoid aspirin and nsaid).

**Failure to have a driver will result in cancellation of exam. If colon is not totally cleaned out, the procedure will have to be repeated. You need someone to observe you for at least 4 hours after you reach home, preferably overnight. No driving until the next morning. Please bring all medication bottles.**

No comas o bebas nada después de la media noche. Necesitas un conductor para que te lleve a la casa.

**Por favor, lee cuidadosamente y entiende todas las instrucciones.**

### Low fiber, low residue diet and low-fat diet (to be started 3 days before procedure)

#### Avoid:

Avoid fatty and greasy food. Avoid peas, corn, lentils, raw fruits and vegetable, beans, seeds, whole wheat breads, whole wheat cereals, dried fruits and popcorn

#### You may have the following:

Enriched white bread or rolls without seeds, bagels, English muffin's  
White rice, lean white pasta, noodles, macaroni  
Refined cereals such as cream of wheat. Plain cereals such as corn flakes, Cheerios  
Pancakes or waffles made from white refined flour  
Most canned or well-cooked fruits and vegetables without seeds or skins  
Fruits and vegetables juice without pulp, fruits flavored drinks and flavored water, tea and coffee  
Tender meat: Poultry, fish, plain cold cuts or lunch meat  
Eggs  
Cheese  
Milk and milk products (limit to two 8 ounces servings a day)  
Desserts with no whole grains, seeds, nuts, raisins or coconuts (can have plain ice cream, sherbet, cookies, cake, pudding)

### Clear liquid diet only (to be started one full day prior to the procedure)

#### Avoid:

Milk, dairy, creamer, orange juice, red orange or purple colored liquids

#### You may have the following:

Black tea, black coffee, flavored drinks, clear soup or broth with no noodles, clear Jell-O with no fruit, apple juice, white grape juice, sugar, honey, hard candy, salt

# Miralax Plus Prep (Page 4 of 4)

Stop fatty and greasy food 3 days prior to procedure. On \_\_\_\_\_ (2 days before procedure):

**9:00PM** take 2 tablets dulcolax (bisacodyl): You can take the tablets as early as 9AM, if you are planning on staying at home.

Put 4 bottles of 32oz Gatorade (or water) in the fridge.

**ONLY Clear Liquid Diet \_\_\_\_\_**  
**AVOID ALL RED, PURPLE, OR ORANGE COLORING**  
**No Solid Food or Milk Products all day**

Water; Chicken Broth or Beef Bouillon (No noodle soups); Gatorade; Plain coffee or tea (no cream or milk); Jell-O (White grape or Lemon), *with no fruits in them*; Apple or White grape juice; or Kool-Aid, popsicles with no red, orange or purple coloring; strained fruit juices (nopulp).

**5PM:** Mix 1 bottle of 238gm of MiraLAX in 2 bottles of 32oz Gatorade or water. (Mix ½ bottle miralax in each of the 32 oz bottle). Take over 2 hours. **(You may start as early as 10AM if you're going to be at home.) If the drink is too sweet, dilute with 1-3 cups of water.**

**7PM:** Take 2 tablets of Dulcolax.

**7:30PM:** Take 2 tablets of Gas-X.

**9PM:** Mix 1 bottle of 238gm of MiraLAX in 2 bottles of 32oz Gatorade or water. (Mix ½ bottle miralax in each of the 32 oz bottle). Take over 2 hours. (Can start at 6PM if you complete the first dose prior to 4PM.)

**9:30PM:** Take 2 tablets of Gas-X. Continue clear liquids.

**Day of Procedure \_\_\_\_\_ (DO NOT CHEW GUM.)**

\_\_\_\_\_ **AM:** Mix 238 gm Miralax in 2 bottles of 32 oz Gatorade or water. Complete in 1½ hours.  
(Mix ½ bottle miralax in each of the 32 oz bottle)

**Stools should be clear by 4 hr prior to arrival. Should be able to see bottom of toilet. Otherwise take 1 or 2 dulcolax tablets**

\_\_\_\_\_ **AM: Stop all clear liquids**

**Take 2 Gas-X chewable tablets, before leaving home.**

\_\_\_\_\_ **AM/PM: Report at Registration desk.** Your ride must be verified prior to registration.

**We will need a urine sample on arrival from women in childbearing age.**

**Do NOT drink anything for 3 hours prior to arrival. Take the allowed medications with a few sips of water (can take medications for heart disease, blood pressure, seizures, anxiety, pain, asthma, COPD). DO NOT take aspirin products or non steroidal medications like ibuprofen, diabetes medications and blood thinners, see #5 & #6 on page 2.**

- You are required to have a responsible adult to accompany you to and from the hospital. You will not be allowed to drive home after discharge.
- ***If you use a portable CPAP or oxygen machine, please bring it with you.***
- Okay to take Tylenol for aches and pains.

**Do not take diabetic medications or Lovenox in the morning. BRING ALL YOUR MEDICATION BOTTLES & LAB RESULTS.**

( ) **Unity Surgical Center**  
1411 South Creasy Lane  
Suite #200, Lafayette, IN 47905  
**(Enter Lafayette Orthopedic Bldg.**  
**Take elevator to second floor**  
Tel: 765.446.5000 (option 7)

( ) **Franciscan Health East Hospital (formerly St. Elizabeth East Hospital)**  
**(enter through North Entrance)**  
Outpatient center, 1701 South Creasy Lane, Lafayette, IN 47905  
**CALL 423-6059 option 1 to set up your pre-anesthesia testing if you are on more than three medications, severe medical conditions or allergies**  
Tel: 765.502.4750 (Option 2)

**PLEASE CANCEL PROCEDURE 3 DAYS IN ADVANCE by calling our office (765-807-0531) TO AVOID CHARGE of \$50.** Please enroll in our Patient Portal (Follow My Health). Please go to our website, [lafayettegastro.com](http://lafayettegastro.com) and click on Patient Portal icon. This is a very important service, as notification of your test results will be done through the patient portal. Please request follow up appointment and you may send questions through the Patient Portal. Please call 765.446.5319 if you need assistance with enrolling in this service.

NAME: \_\_\_\_\_