

PLEASE READ ALL INSTRUCTIONS IN THEIR ENTIRETY IMMEDIATELY. PLEASE ASK IF YOU HAVE ANY QUESTIONS. ALL PREP RELATED QUESTIONS SHOULD BE PHONED INTO 410-332-9356 DURING OFFICE HOURS (8AM-4PM).

**The after hours, on-call physicians should be used for medical emergencies only.**

# MIRALAX PREP INSTRUCTIONS

## PLEASE READ

DATE:	ARRIVAL TIME:	PHYSICIAN:
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<p><b>Mercy Medical Center</b></p> <p>Bunting Endoscopy  345 St. Paul Place  Baltimore, MD 21202  <i>Take the Bunting elevator down to the 2<sup>nd</sup> floor.</i></p>	<p><b>Maryland Endoscopy Center (MEC)</b></p> <p>100 West Road Suite 115  Towson, MD 21204</p>	<p><b>Endoscopy Center of North Baltimore (ECNB)</b></p> <p>1220-C East Joppa Road Suite 508  Towson, MD 21286</p>	<p><b>Lutherville Endoscopy Center (LEC)</b></p> <p>1300 Bellona Ave Suite A  Lutherville, MD 21093</p>	<p><b>Anne Arundel Digestive Center</b></p> <p>8028 Ritchie Hwy #142  Pasadena, MD 21122</p>	<p><b>Baltimore Washington Hospital</b></p> <p>301 Hospital Drive  Glen Burnie, MD 21061</p>
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**If you are taking a blood thinner such as warfarin (Coumadin), clopidogrel (Plavix), rivaroxaben (Xeralto), prasugrel (Effient), dabigatran (Pradaxa), dipyridamole (Persantine), ticlodipine (Ticlid), or any other blood thinner, you must be seen in the office before your procedure and you must consult with the physician who prescribes the medication for you before stopping it.** Stopping the blood thinners could have serious consequences such as heart attack or stroke. Your procedure can still be performed while you are taking blood thinners. However, it may not be possible to remove growth such as polyp and it may not be possible to do a biopsy. Therefore, it is sometimes preferable to postpone your procedure until it is safe to temporarily stop these medications.

**You must NOT stop aspirin unless specifically told to do so by your physician.** You could receive a phone call from the facility where your test is to be done telling you to stop your aspirin. Do not do that unless specifically told to do it by your physician.

Please call your GI physician or your primary physician or your cardiologist if you have any questions. There are also alternative ways to screen for colon cancer in this situation and you should feel free to ask about them.

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PLEASE ARRIVE ON TIME. CONTACT YOUR INSURANCE COMPANY PRIOR TO YOUR PROCEDURE TO DETERMINE IF A SECOND OPINION IS NECESSARY OR IF PRE-CERTIFICATION WILL BE REQUIRED.

You are scheduled to have an examination of the return and the large bowel. The doctor will be looking through a flexible, lighted, tube-like instrument. It is very important that your bowel is completely empty of stool.

**PREPARATION:**

1. Two days before your procedure please follow a clear liquid diet.
2. Two days before your procedure take two laxative pills. Ex. Dulcolax tablets.
3. The day before your procedure mix 255 grams of Miralax in 32oz Gatorade or Crystal Light. The Miralax is approx. 230 gm (some of the generics may vary).
4. BEGIN AT 5PM. Drink 8oz every 15 minutes the night before your procedure.
5. Continue to drink clear liquids until you go to bed.
6. The day of the procedure do not eat or drink anything.

If, after consuming all the MIRALAX preparation, you continue to pass brown liquid per rectum, arrange to give yourself a tap water enema in the morning before leaving home. **THIS MUST BE PERFORMED WITH AN ENEMA BAG AND USING WARM WATER ONLY – NOT A FLEET ENEMA.**

YOU MUST HAVE SOMEONE WITH YOU TO TAKE YOU HOME FOLLOWING THE PROCEDURE. PLEASE TAKE YOUR HEART MEDICATION AND BLOOD PRESSURE MEDICATION WITH A SMALL SIP OF WATER THE MORNING OF YOUR PROCEDURE.

DO NOT TAKE YOUR DIABETES MEDICATION.

WOMEN UNDER AGE 60 WHO HAVE NOT UNDERGONE A HYSERECTOMY WILL BE REQUIRED TO PROVIDE A URINE SPECIMEN THE DAY OF THE PROCEDURE.

You may call **410-332-9356** with any questions you may have.

### **Diet for Colonoscopy Preparation**

It is important to drink only clear liquids the **entire day before or 2 days before** your scheduled colonoscopy. The day before the procedure please choose liquids from the following list to help you meet your carbohydrate requirements. **For diabetics please try for 3 meals containing 45 gm of carbohydrates and 3 snacks containing 15 gm of carbohydrates.**

½ c. Apple juice:	15 gm carbohydrates
½ c. White grape juice:	20 gm carbohydrates
1c. Clear soda (Sprite, Ginger ale, etc):	25 gm carbohydrates
½ c. Regular gelatin (lemon or lime):	20 gm carbohydrates
2 Popsicles without fruit (No red, orange, or purple):	20 gm carbohydrates
1 c. Clear sport drinks:	15 gm carbohydrates**
½ c. Italian ice (lemon or lime):	30 gm carbohydrates
1 T. sugar:	15gm carbohydrates

#### **Following foods contain no carbohydrate, but safe to consume:**

Water

Consommé broth (Beef or Chicken)

Seltzer

Diet clear soda

Sugar free clear gelatin without fruit (not red, purple or orange) (lemon or lime)

Coffee or tea (No cream or milk. Sugar and lemon are fine)

#### **Please refrain from the following foods:**

- Milk and Cream
- Milkshakes
- Tomato juice
- Orange Juice
- Cream Soups
- Any soup other than the listed broth
- Cream of Wheat
- Grapefruit Juice

## **Example**

### **Breakfast:**

½ cup white grape juice (20 gm carbohydrates)

½ cup lemon gelatin (20 gm carbohydrates) \*\*\*

Black coffee (0 gm carbohydrates)

### **Snack:**

2 popsicles (20 gm carbohydrates) \*\*\*

Seltzer water (0 gm carbohydrates)

### **Lunch:**

½ cup Italian ice (30 gm carbohydrates)

½ apple juice (15 gm carbohydrates)

Consommé/broth (0 gm carbohydrates)

### **Snack:**

1 cup sport drink (15 gm carbohydrates) \*\*

Sugar free clear gelatin (not red, purple or orange) (0 gm carbohydrates) \*\*\*

### **Dinner:**

1/2 cup clear gelatin (not red, purple or orange) (20 gm carbohydrates) \*\*\*

Consommé/broth (0 gm carbohydrates)

1 c. regular soda (25 gm carbohydrates)

### **Snack:**

2 popsicles (20 gm carbohydrates) \*\*\*

Tea with lemon (0 gm carbohydrates)

\*\* Single serving dry sport drink mixes can have 45 gm carbohydrates. Read label!

\*\*\* Please do not drink items with red, purple or orange tints as they may interfere with your procedure.