

# Colon Rectal Specialists, PC

James P. Lynch, MD Raymond V. Landes, MD Jon M. Hain, MD L. Michelle Mosed-Vogel, MD Ken S. Bark, MD

---

**PLEASE BE ADVISED: THERE WILL BE A \$50 CANCELLATION FEE FOR PROCEDURES CANCELLED WITHIN 3 BUSINESS DAYS OF YOUR SCHEDULED DATE.**

**Your Colonoscopy is scheduled for \_\_\_\_\_ @**

**\_\_\_\_\_ . The facility will call you the day prior with your arrival time.**

## COLONOSCOPY PREPARATION INSTRUCTIONS

### SPLIT DOSE MIRALAX FORMAT

#### INTRODUCTION

Inadequate bowel preparation for colonoscopy can result in missed lesions, aborted or incomplete procedures, and potentially higher complication rates. Recent studies have shown that split-dose preparations significantly improves bowel cleansing, enhances the detection of pre-cancerous polyps, and has been found to be better tolerated by patients. The American Society of Colon & Rectal Surgery has endorsed split dose prepping as its preferred colonoscopy preparation.

Please carefully read these instructions. Failure to adequately clean your colon may result in a suboptimal examination. Call our office if any questions (248)852-8020 or (586) 739-5220

#### PURCHASE AT YOUR PHARMACY

- 238 gram bottle of Miralax (over the counter)
- Dulcolax (biscodyl) 5 mg tablets (over the counter)
- 64 ounces of Gatorade, Gatorade 2 or Crystal Light (AVOID RED OR PURPLE COLORS)

#### FOR 7 DAYS PRIOR TO YOUR COLONOSCOPY

- If you are taking **COUMADIN (Warfarin)**, stop for 3 days prior to day of colonoscopy
- If taking **anti-platelet drugs**, such as Plavix, Effient or Ticlid, stop for 7 days prior to colonoscopy; if you have any concerns regarding stopping your anticoagulation medication please check with your prescribing physician
- You may continue your aspirin up to your colonoscopy
- If you are taking other blood thinners, such as Pradaxa and Xarelto, stop 1 day prior to colonoscopy; for Eliquis, stop for 2 days prior to colonoscopy
- If you are **DIABETIC**, Follow these guidelines:
  - It is important to monitor your blood sugar during the bowel preparation
  - Oral Medicine (“sugar pill”): Do not take either the day before or the day of your procedure.
  - Lantus, Levemir Insulin: No change to dosing. Take normal dose.
  - All Other Insulins: Take half (1/2) of your usual scheduled insulin dose the morning of your procedure

# Colon Rectal Specialists, PC

James P. Lynch, MD Raymond V. Landes, MD Jon M. Hain, MD L. Michelle Mosed-Vogel, MD Ken S. Bark, MD

---

- Insulin pump patients: follow off-pump plan per prescribing physician
- Avoid over-the-counter herbal supplements, mineral, vitamins prior to colonoscopy
- **PLEASE SEE REVERSE SIDE**
- Call the office for any other questions regarding your medications

## FOR 3 DAYS PRIOR TO YOUR COLONOSCOPY

- Start a low fiber diet; No popcorn, seeds, nuts, raw fruits or vegetables; Stop all fiber supplements such as Metamucil, Citrucel, and Benefiber.

## FOR THE DAY PRIOR TO YOUR COLONOSCOPY

- A full liquid breakfast, such as cream of wheat, soups, yogurt, milkshakes
- After breakfast, only clear liquids; **no solid foods**
- Clear liquids include clear fruit juices (such as white grape juice and apple juice), lemonade, coffee or tea (no cream), chicken or beef broth, jello, popsicles (**AVOID RED OR PURPLE COLORS**)
- At 3:00 pm; Take 2 Dulcolax (Biscodyl) 5 mg tablets
- At 5:00 pm; Mix the 238 gram bottle of Miralax in 64 ounces of Gatorade, Gatorade2, Crystal Light or water; Shake the solution until the Miralax is completely dissolved
- Drink 1 glass (8 ounces) every 10-15 minutes until half of the Miralax mixture is gone
- If you experience nausea or vomiting, while drinking the preparation, wait until the nausea has resolved and continue drinking the solution slower; using a straw and/or sucking on a hard candy may be helpful in drinking the solution; most patients prefer the preparation to be cold
- Please continue to drink clear liquids throughout the rest of the night

## ON THE DAY OF THE PROCEDURE

- Finishing the preparation is critical to the success of your colonoscopy
- Starting 4 hours before your arrival time, drink the second half of the preparation
  - For example:
    - If your arrival time is scheduled at 8:00 am, start at 4:00 am
    - If your arrival time is scheduled at 1:00 pm, start at 9:00 am
- You may continue to drink clear liquids for up to 2 hours prior to your arrival time
- Coffee or tea is fine the day of colonoscopy; however, no cream, milk, or creamer is allowed
- Take your regularly scheduled medications (except oral diabetic medications)
- **Nothing by mouth for 2 hours prior to your arrival time**
- Please bring a current list of your medications to the hospital or surgical center
- If you have an Internal Defibrillator Device (AICD): please bring your device information card to give to the nurse
- Do not drive, operate machinery, make critical decisions or do activities that require coordination or balance today
- You must be accompanied by a responsible adult