

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 Sarah D. Hans 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, ORANGE, PURPLE AND BLUE 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
- If you are taking **Brilinta**, stop for 5 days prior to day of colonoscopy.
- 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
 - Insulin pump patients: follow off-pump plan per prescribing physician
- Avoid over-the-counter herbal supplements, mineral, vitamins prior to colonoscopy

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- 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, ORANGE, PURPLE OR BLUE 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

- **NO SMOKING THE DAY OF YOUR 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 3 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 3 hours prior to your ARRIVAL time (NOT PROCEDURE 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