

## COLONOSCOPY PREPARATION INSTRUCTIONS

# MIRALAX PREP

For Raymond V. Landes, MD • Murad Bani Hani, MD • Christina M. Link, MD

**Please be advised that 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.  
You must have an adult drive and stay with you the entire time.

Inadequate bowel preparation for a colonoscopy can result in missed lesions, aborted or incomplete procedures, and potentially high complication rates.

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

### PURCHASE AT YOUR PHARMACY

- 238 gram bottle of MiraLAX
- Dulcolax (biscodyl) 5mg tablets
- 64 ounces of Gatorade (AVOID RED, ORANGE, PURPLE AND BLUE COLORS)
- 2 Simethicone 125mg tablets (Gas-X)

### IF YOU ARE ON BLOOD THINNERS

- PRADAXA (Dabigatran) AND XARELTO (Rivaroxaban): Stop taking 1 day prior to colonoscopy
- ELIQUIS (Apixaban): Stop taking 2 days prior to your colonoscopy
- COUMADIN (Warfarin): Stop taking 3 days prior to your colonoscopy
- BRILINTA (Ticagrelor): Stop 5 days prior to your colonoscopy
- PLAVIX (Clopidogrel), EFFIENT (Prasugrel), OR TICLID (Ticlopidine): Stop taking 7 days prior to your colonoscopy
- If discontinuing a blood thinner, aspirin is allowed up until the day of the procedure

### IF YOU ARE DIABETIC

- It is important to monitor your blood sugar during the bowel preparation
- ORAL MEDICATION ("sugar pill"): Stop the day before your colonoscopy
- LANTUS AND LEVEMIR: Take normal dose
- ALL OTHER INSULIN: Take half of your usual schedule insulin dose the morning of your procedure.
- INSULIN PUMP: Follow off-pump plan per prescribing physician.



**COLON RECTAL SPECIALISTS**  
THE LEADING GROUP OF COLON RECTAL SPECIALISTS IN SOUTHEASTERN MICHIGAN

## 7 DAYS PRIOR TO YOUR COLONOSCOPY

- Avoid over-the-counter herbal supplements, mineral, vitamins prior to colonoscopy
- Call the office for any other questions regarding your medications

## FOR 3 DAYS PRIOR TO YOUR COLONOSCOPY

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

## FOR 2 DAYS PRIOR TO YOUR COLONOSCOPY

- Prior to bedtime, take 2 Dulcolax (Biscodyl) 5mg tablets

## FOR THE DAY PRIOR TO YOUR COLONOSCOPY

- At 10:00 am; Have a full liquid breakfast, such as Cream of Wheat, soups, yogurt, or milkshakes
- After, only clear liquids. **No solid foods.**
  - Clear liquids include clear fruit juice (such as white grape and apple juice), lemonade, coffee, or tea (no cream), chicken or beef broth, jello, popsicles, (AVOID RED, ORANGE, PURPLE AND BLUE COLORS)
- At 2:00pm; Chew and swallow 1 Simethicone tablet (Gas-X)
- At 3:00 pm; Take 2 Dulcolax (Biscodyl) 5mg tablets
- At 6:00 pm; Mix the 238-gram bottle of MiraLAX in 64 ounces of Gatorade. Shake the solution until the MiraLAX is completely dissolved
- Drink 1 glass (8 ounces) every 10-15 minutes until the MiraLAX mixture is finished
  - Do your best to try to finish within 2 hours or so.
- 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 cold
- Please continue to drink clear liquid throughout the rest of the night

## ON THE DAY OF THE PROCEDURE

- **NO TOBACCO USE OF ANY KIND THE DAY OF THE PROCEDURE.**
- Take your regularly scheduled medications.
- 6 hours prior to your arrival time, chew and swallow 1 Simethicone tablet (Gas-X).
- You may continue to drink clear liquids for up to 3 hours prior to your arrival time.
- **NOTHING BY MOUTH 3 HOURS PRIOR TO YOUR ARRIVAL TIME.**
- Please bring a current list of your medications to the facility.
- If you have an Internal Defibrillator Device (AICD): Please bring your device information card with you to the facility.
- DO NOT drive, operate machinery, make critical decisions, or do activities that require coordination or balance the day of.



**FOR PATIENTS ON THE FOLLOWING MEDICATIONS:  
Semaglutide • Wegovy • Ozempic • Ryblesus • Mounjaro  
Patients must stop for two weeks prior to your procedure.**

## YOUR COLONOSCOPY & YOUR INSURANCE BENEFITS

A screening colonoscopy is considered a preventative procedure that may or may not be a covered benefit under your insurance policy. **Please advise that we urge you to contact your insurance company for verification and/or clarification of coverage for your upcoming colonoscopy.**

When you contact your insurance company, they will ask you for a diagnosis code and procedure code to proceed with your evaluation. For patients over the age of 45, with no family history of colon cancer, no personal history of colon polyps and no symptoms, the procedure code is **G0121** or **45378** with diagnosis **Z12.11**. This stands for: screening colonoscopy (average risk) and screening for malignancy of the colon.

For patients who have family (biological mother, father, sister, or brother) history of colon cancer, family adenomatous, or a personal history of colon cancer, colon polyps, familial adenomatous polyposis, or an inflammatory bowel disease such as Crohn's or Ulcerative Colitis, the procedure code is **G0105** (screening high risk), or **45378**. The diagnosis codes are as follows:

<b>Z80.0</b>	Family history of colon cancer	<b>Z86.010</b>	Personal history of colon polyps
<b>Z85.038</b>	Personal history of colon cancer	<b>K50.90</b>	Crohn's
<b>Z85.048</b>	Personal history of rectal cancer	<b>K51.90</b>	Ulcerative Colitis

For patients who are having a colonoscopy for medical reasons, the procedure code is **45378**.

<b>K62.5</b>	Rectal bleeding	<b>R19.4</b>	Change in bowel habits
<b>K92.1</b>	Blood in stool	<b>R10.84</b>	Abdominal pain
<b>D50.0</b>	Anemia	<b>K51.90</b>	Diarrhea

Important Notice: Should a physician need to take a biopsy or remove a polyp(s), the colonoscopy is no longer coded as a screening colonoscopy. It will be coded as a diagnostic colonoscopy and your benefits may change. The procedure codes are as follows:

<b>45378</b>	Colonoscopy with biopsy
<b>45384</b>	Colonoscopy with polypectomy
<b>45385</b>	Colonoscopy with polypectomy with snare

**PLEASE BE AWARE, THERE WILL BE A SEPARATE FEE FOR THE PHYSICIAN, FACILITY, ANESTHESIA, AND POSSIBLE PATHOLOGY.**



**COLON RECTAL SPECIALISTS**  
THE LEADING GROUP OF COLON RECTAL SPECIALISTS IN SOUTHEASTERN MICHIGAN