



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY MIRALAX

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center –**
3280 Urbana Pike # 104 Ijamsville, MD 21754
Phone # 240-436-6440

_____ **GIEA-**
15005 Shady Grove Rd #200 Rockville, MD 20850
Phone #301-340-8099

_____ **Shady Grove Hospital, Outpatient-**
9901 Medical Center Dr., Rockville, MD 20850
Phone #240-826-7541

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home and avoid wearing perfume/cologne or lotions. Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to your procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure. You can reach an RN at the Endo Center (see above) where you are scheduled.

YOU WILL NEED

- 64 oz. of clear liquid products listed, please use a sugar free product, such as Crystal Light if you are a diabetic.
- 1 bottle (8.3 oz), MIRALAX or generic brand)
- **1 bottle of Magnesium Citrate (*see note below)**

DO NOT USE CARBONATED BEVERAGES TO MIX YOUR PREP

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, popcorn, corn, raw fruits, raw vegetables and bran). **Cooked vegetables and fruits are acceptable.**

Please note: Please continue to drink clear liquids up until 4 hours prior to procedure to facilitate prep and provide hydration. You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**). **And, NO solid food, breakfast or shakes on the day of your procedure.**

DO NOT drink milk

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or cranberry

Limeade or Lemonade

Coffee or Tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Gatorade, PowerAde or Vitamin Water type products

Crystal Light

This is the laxative dosing regimen you must follow the day before your procedure.

STEP 1 Just before 4 pm	Using a large pitcher- Mix the 8.3 oz. or 238 gram bottle of Miralax with 64 oz. of clear liquid. Stir the solution until the Miralax powder is completely dissolved. You may refrigerate if desired.
STEP 2	Drink one (1) 8 oz glass of solution every 15 - 30 minutes until the solution is finished
STEP 3	You may continue to drink clear liquids until 4 hours prior to your procedure time. If your bowels are still SOLID and not clear/cloudy liquid form, please drink 1 bottle (10 oz) of Magnesium Citate- but you must finish 4 hours prior to the procedure time. <u>*If your procedure is after 11 am, you should drink the bottle of magnesium citrate 4-5 hours before your procedure time.</u>

The purpose of this prep is to clean your colon. Your bowel movements should not be solid, brown/cloudy tinged liquid bowel movements is acceptable. *We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing during your prep

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours. REVISED 8/2017-ML3