



# Mountain West Gastroenterology

## MIRALAX PREPARATION FOR COLONOSCOPY

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### **7 DAYS PRIOR TO YOUR EXAM:**

- If you have a heart condition or stroke, had a recent heart attack or cardiac stent placement, are taking **Aspirin and/or Plavix**, you should discuss this with your Cardiologist and/or Primary Care Physician prior to stopping any of these anti-clotting agents. While aspirin alone likely does not increase bleeding risks, the combination of Aspirin and Plavix may well increase the procedure risk. Yet stopping both or one of these agents may not be safe without discussing this with your Cardiologist and/or Primary Care Physician.
- It is equally important to discuss and review the usage of **Coumadin**. An appropriate taper or substitution maybe needed. You should discuss this with your Cardiologist, Neurologist or Primary Care Physician and let our office know how to manage your blood thinners prior to the procedure.
- If you have **diabetes**, please follow our attached guidelines and discuss this with your Primary Care Physician

### **5 DAYS PRIOR TO YOUR EXAM:**

Avoid eating high fiber foods, fiber supplements and discontinue any **iron** supplements 5 days prior to your examination.

### **3 DAYS PRIOR TO YOUR EXAM:**

If possible avoid taking anti-inflammatory medicines such as **Ibuprofen, Advil, Naproxen, Excedrin, Aleve or similar**. You can take Tylenol for pain.

### **At your pharmacy or drug store please buy:**

1. **Four (5 MG) DULCOLAX LAXATIVE tablets.**
2. **MIRALAX POWDER 238 gram bottle (14 day bottle).**
3. **64 oz of Gatorade or Powerade. Diabetics may use a low calorie Gatorade or a similar liquid. (No red, purple or orange Gatorade or Powerade)**

### **2 DAYS PRIOR TO YOUR EXAM:**

You may eat a regular dinner, but stop eating solids after **7:00 pm**. Thereafter you may continue to drink clear liquids only. This means liquids you can see through such as Apple or White Grape Juice, Water, Cola, Sprite, Jell-O, Coffee (No Creamer), Tea, Chicken or Beef broth, Gatorade, Powerade, or Crystal Light. \*NO milk or pulp products; do not drink anything with red, purple or orange dyes.

### **1 DAY PRIOR TO YOUR EXAM: You may not eat any solid food until after your procedure!**

**One of the most important aspects to a successful prep is to consume plenty of fluids the day before the exam.**

**Restrict your diet to clear liquids only, no solids.** Liquids can be taken without restriction.

Mix the entire 238 gram bottle of Miralax with 2 quarts of Gatorade in a large pitcher. Stir and chill.

Around **5:00 pm**, take all four Dulcolax tablets. After about one hour of taking the Dulcolax tablets, start drinking one-half of the chilled Miralax solution. Take about four 8 ounce glasses (for a total of 32 ounces) over a 2 hour period (one glass every 15-30 minutes). You may continue to drink clear liquids to stay hydrated.

### **THE DAY OF YOUR EXAM: You may not eat any solid food until after your procedure!**

- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless

otherwise instructed by your doctor. If you take insulin, bring your insulin with you. If you take insulin in the morning, take only ½ of your usual dose.

- Remember to TAKE YOUR USUAL MEDICATIONS (no blood thinners, no NSAIDS, no aspirin, no Plavix) the morning of your procedure.
- At least 4-5 hours before your scheduled arrival time at the endoscopy center, drink the remaining ½ of the Miralax solution over 2 hours. **Be sure to finish the solution.** You may continue to drink water until two hours prior to your scheduled arrival time. **Please have nothing by mouth 2 hours prior to your arrival, including water, candy or gum. Having anything by mouth within 2 hours may result in postponing or cancelling your procedure.**
- **Nursing Mothers** – please “pump and dump” twice after the procedure before resuming breastfeeding.

**You may apply zinc oxide, Vaseline, Aloe Wipes or petroleum jelly to anal area to prevent irritation. Baby Wipes or Medicated Tucks may be considered.**

**Please bring someone with you to the endoscopy center to drive you home, as you will be sedated/anesthetized for the exam. Taxi drivers are not allowed. You may not drive for 12 hours.**

Your exam will be cancelled or must be done without sedation if you do not have someone to drive you home.

You will be in the Endoscopy Lab for approximately two to three hours. The doctor will talk to you after the exam and will give you recommendations for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s) and completed information form. For your safety, no jewelry should be worn anywhere on your body the day of your procedure. No valuables should be brought to the center. We are not responsible for patient valuables. We will expect payment of co-pays, coinsurance and deductibles at the time of service. If your insurance requires a referral, you should contact your primary care physician to arrange for us to receive the referral prior to the procedure.

**Additional information can be found at our website [www.mwgi.com](http://www.mwgi.com).**

**You may receive Four separate bills for this procedure: 1 - Physician, 2 - Facility, 3 – Pathology, 4- Anesthesiology**

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\_\_\_ Colonoscopy      \_\_\_ Flex Sig      \_\_\_ EGD/Colon      \_\_\_ EGD/Flex Sig

**YOUR PROCEDURE IS SCHEDULED AT THE FOLLOWING TIME AND PLACE:**

- Mountain West Endoscopy Center, Old Mill Med Bldg., 6360 South 3000 East, Ste 320, SLC, UT.**  
801-944-3166  
If not contacted by the day before your procedure, call 801-944-3166 to pre-register.
- Intermountain Medical Center, 5121 South Cottonwood Drive, Murray, UT.**  
801-507-3262  
Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.  
Call the day before your procedure to pre-register, 801-314-4395
- Davis Hospital & Medical Center, 1600 Antelope Drive, Layton, UT.**  
801-807-5701  
Use the ER Entrance. Telephone 801-807-5701.
- Lakeview Hospital, 630 E Medical Dr, Bountiful, UT.**  
801-299-6766  
South Entrance, Same Day Surgery Registration.
- Lakeview Endoscopy Center, 620 E Medical Dr, Suite 200, Bountiful, UT.**  
801-299-2122  
Call the day before your procedure to pre-register, 296-2122.
- LDS Hospital, 8th Avenue & C Street, SLC, UT. ~Dr. Batista Only~**  
801-408-1057  
Entrance West Wing of Hospital. Call the day before your procedure to pre-register, 801-314-4395. Free Valet Parking Available.
- Riverton Hospital, 3741 West 12600 South, Riverton, UT**  
Riverton Hospital will call you prior to your procedure.

For Questions please call one of our offices:

Bountiful @ 801-298-0057

Old Mill @ 801-944-3141

Murray/TOSH @ 801-424-6310

Riverton @ 801-727-4280