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AAGA050 (Rev 9/10)

# PREPARATION INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX PREP

**Date of Procedure** \_\_\_\_\_

**Arrival Time** \_\_\_\_\_

**Procedure Time** \_\_\_\_\_

- PLACE**
- MD Center for Digestive Health  
Bestgate Medical Clinic  
820 Bestgate Road, Suite 1A  
Annapolis, MD 21401
  - AAMC (Anne Arundel Medical Center)

## INSTRUCTIONS

### GENERAL INSTRUCTIONS:

- Please notify the office at least one week prior to procedure if you are taking medications for diabetes or if you are taking blood thinners including Plavix, Coumadin and Warfarin. (Please bring a list of current medications you are now taking.)
- Because medications you will receive will make you drowsy, you will not be a competent driver. You must make arrangements for someone to drive you home. Your transportation provider must wait for you.

### SEVEN DAYS PRIOR:

- Discontinue aspirin products, iron tablets, blood thinners, herbal products, vitamins and dietary supplements one week prior to colonoscopy unless otherwise advised by your physician.
- Discontinue ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications for seven days prior to colonoscopy. You may take Tylenol if needed. (Celebrex and Bextra are okay.)
- Avoid foods with seeds and nuts.

### DAY OF PROCEDURE:

See reverse for additional instructions.

### PATIENT RESPONSIBILITY

IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR INSURANCE COMPANY REGARDING PRE-AUTHORIZATION AND ANY REFERRALS NECESSARY FOR THIS PROCEDURE. YOU WILL NEED TO PRESENT A CURRENT PHOTO ID, VALID INSURANCE CARD AND VALID REFERRAL, IF REQUIRED. YOU WILL BE EXPECTED TO PAY ANY COPAYMENTS, COINSURANCE, DEDUCTIBLES AND OUTSTANDING BALANCES AT THE TIME OF YOUR APPOINTMENT. IF YOU ARE NOT PREPARED TO PAY THE FEES DUE, YOUR APPOINTMENT MAY BE CANCELLED.

PLEASE LEAVE VALUABLES AT HOME OR WITH THE RESPONSIBLE TRANSPORTATION PROVIDER. PLEASE BRING YOUR EYEGLASSES, IF APPLICABLE, AS WELL AS SUFFICIENT CASH, CREDIT CARD OR CHECK FOR YOUR FINANCIAL RESPONSIBILITY.

IT WILL BE NECESSARY FOR YOUR TRANSPORTATION PROVIDER TO WAIT FOR YOU.

*Anne Arundel Gastroenterology Associates provides medical services regardless of race, color, age, national origin, sex, religion, or handicap. If you are hearing impaired or have a language barrier, please notify our office.*

**PATIENT INSTRUCTIONS FOR COLONOSCOPY**  
(MIRALAX)  
(PRESCRIPTION REQUIRED)  
(OVER THE COUNTER BISACODYL AND MIRALAX REQUIRED)

**TWO DAYS BEFORE YOUR PROCEDURE \_\_\_\_\_**

- Drink at least 48 ounces of fluid today
- Purchase your over the counter Bisacodyl, 20 MG.
- Purchase 64 oz. clear/non-colored Gatorade or Powerade
- Purchase Miralax 225gm bottle
- Review your prep instructions

**THE DAY BEFORE YOUR PROCEDURE \_\_\_\_\_**

Do not eat any solid foods or dairy products. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include clear juices such as apple or white grape, clear broth or bouillon, Jell-O, Italian ices, sodas, Gatorade, Kool Aid, water and only small amounts of tea and coffee (without milk or creamer). Drinks with red, orange or purple color are NOT ALLOWED. Drink plenty of fluids throughout the day.

**3PM \_\_\_\_\_**, take 10 mg of bisacodyl which is purchased over the counter.

**5PM** Mix the entire bottle of Miralax in the bottle of “clear” Gatorade or Powerade (you may want to pour one 8 ounce glass out of the bottle before mixing). Refrigerate for no longer than 1 hour before starting your prep. Do not over chill the prep.

**6PM \_\_\_\_\_**, drink one 8 ounce glass of Miralax and “clear” Gatorade or Powerade. Repeat every 15-45 minutes until you finish the 2 liters/64 ounces.

**8PM \_\_\_\_\_**, take 10 mg of bisacodyl with a glass of water.

Do not drink clear liquids while you are drinking your prep solution.

You may use hemorrhoid cream or A/D ointment to avoid irritation.

If your procedure is scheduled at Maryland Center for Digestive Health (MCDH, our outpatient Bestgate Road facility), you may continue to drink clear liquids up to four hours before your procedure. However, during the four hour period before your test, take nothing by mouth (not even water, ice, chewing gum or hard candy).

For procedures scheduled at the hospital (AAMC, Anne Arundel Medical Center) there are greater restrictions on eating—no food or drink is permitted after midnight the morning of your procedure.

*Preparation quality is your responsibility—it is critical you follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon you providing an excellent colon preparation. Thanks for helping us help you.*

Failure to adhere to preparation instructions may result in cancelation and rescheduling of your procedure.