

Colon Prep: MiraLAX Extra Dose

*Google "WWMG GI Pre-Procedure Instructions" to locate this instruction PDF file & to watch the instruction video.

General Instructions	5 days before	One day before	Colonoscopy day:
<p>* Read bowel prep instruction and watch instruction video 1 week prior to colonoscopy.</p> <p>LATE CANCELLATION FEE \$250, if cancelled within 5 business days.</p> <p>Secure a driver for the procedure day, no driving for 12 hrs. after procedure.</p> <p>Check insurance for requirement of referral or pre-approval.</p> <p>If you have implanted devices such as pacemaker, defibrillator, sleep apnea stimulator, neurostimulator, etc. Please notify the office.</p> <p>If you have an electronic stimulator, bring your remote control to turn off your stimulator.</p> <p>If you have an ostomy, please bring spare ostomy supplies with you.</p> <p>Do not bring jewelry, money, and other valuables to your colonoscopy.</p> <p>SUPPLIES: available over the counter</p> <ul style="list-style-type: none"> • Dulcolax Laxative (Bisacodyl) 5 mg, 4 tablets • 238 gram (14 dose) MiraLAX, 2 bottles • 64 oz Gatorade, 2 bottles <p>Note: green, yellow and/or orange colors only.</p> <ul style="list-style-type: none"> • 0.5 oz (15mL) Infant Mylicon Gas Relief Drops (simethicone) <p>Questions: call (425) 259-3122</p>	<ul style="list-style-type: none"> • Start low fiber diet now. • Read the instructions now. • Watch bowel preparation video now* • Stop following medications now: oil supplements, oil capsules, and iron pills. <p>Other medication instructions:</p> <ul style="list-style-type: none"> • If you're taking diabetic medications, please ask for special instructions. • If you're taking weight loss medications, please ask for special instructions. • If you're taking blood thinners, such as Plavix, Effient, Warfarin, Eliquis, Pradaxa, or Xarelto, etc. please ask for special instructions. <p>If you have constipation:</p> <ul style="list-style-type: none"> • Take OTC MiraLAX one dose in a 8 oz glass of water up to 3 times per day as needed to maintain daily soft BMs. • Also ask for an extra dose prep regimen. 	<p>Clear liquid diet only (no solid foods!) for <u>Entire Day</u>: clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, small amounts of coffee or tea without cream. No milk, red, blue, or purple colors.</p> <p><u>If you take diabetic medication(s):</u> follow special instructions.</p> <p>4 PM: Take 4 tablets of Dulcolax (Bisacodyl) Laxative 5 mg (OTC)</p> <p>6 PM:</p> <ul style="list-style-type: none"> • Mix & shake well 1 bottle of 238 gram MiraLAX (14 dose) with 64 oz Gatorade. • Drink one 8 oz glass every 15-30 minutes as tolerated until completion. <p><u>What to expect:</u></p> <ul style="list-style-type: none"> • It may take several hours before you have lots of diarrhea. • If you have nausea or vomiting, slow down the pace of drinking. • NO ALCOHOL 	<p><u>SIX (6) HOURS PRIOR TO YOUR CHECK IN TIME:</u></p> <ul style="list-style-type: none"> • Mix & shake well 1 bottle of 238 gram MiraLAX (14 doses) with 64 oz Gatorade. • Add 3 mL Mylicon to the above solution by using the syringe included in the Mylicon box. Draw up 0.6 mL per syringe and do it five times, which will give 3 mL total. • Drink one 8 oz glass every 15-30 minutes as tolerated until completion. <p>A good prep should result in urine-like CLEAR yellowish watery stool. Complete the bowel prep even if stool looks clear halfway.</p> <p><u>Prior to 4 hours before check-in time:</u></p> <ul style="list-style-type: none"> • OK to drink water or clear juice. • OK to take usual prescribed medications, unless otherwise instructed for blood thinners, diabetic & weight loss medicines, etc. <p><u>Within 4 hours before check-in time:</u></p> <ul style="list-style-type: none"> • Nothing by mouth, including gum, hard candy, chewing tobacco, water, etc. <p><u>Be sure to bring:</u></p> <ul style="list-style-type: none"> • Medication list • A driver • Photo ID/Insurance card • Eyeglasses/Hearing aids <p>You CANNOT drink alcohol or drive for 12 hours after the procedure.</p>

LOW FIBER DIET

GENERAL RULE: DO NOT eat anything with any of the following ingredients: nuts, seeds, raw fruits with seeds, raw vegetables, corn, beans (example: kidney, pinto, lima), whole grains, or popcorn.

BELOW ARE THE ONLY ALLOWED FOODS

BREADS ETC:

- White breads, rolls, biscuits
- Waffles, French toast, pancakes
- White rice, white pasta, peeled/cooked potatoes
- Saltines or white crackers, without seeds
- Hot cereal: cream of rice, cream of wheat
- Cold cereal: Rice Krispies, Corn Flakes, Special K

VEGETABLES AND FRUITS:

- Cooked and canned vegetables: carrots, green beans, spinach
- Applesauce
- Apple or white grape juice
- Bananas
- Cantaloupe, honeydew melon

MILK/DAIRY:

- Milk: plain or flavored, coconut, almond, soy
- Yogurt, custard and ice cream
- Cheese, cottage cheese

MEAT/PROTEIN:

- Well cooked, lean meats, fish
- Eggs
- Creamy peanut/almond butter
- Tofu

FATS, SWEETS, CONDIMENTS, BEVERAGES:

- Margarine, butter, cooking oils, mayonnaise, salad dressing
- Plain gravies
- Sugar, clear jelly (seedless), honey and syrup
- Soups made with allowed vegetables, broth
- Coffee, tea, carbonated beverages
- Plain cake
- Gelatin, plain pudding, popsicles
- Hard candy, pretzels
- Plain chocolate