

PREPARATION FOR COLONOSCOPY MIRALAX

PLEASE READ THIS SHEET OF MEDICATIONS TO AVOID

If you are taking blood thinners that were prescribed to you such as; Warfarin, Eliquis, Xarelto, Plavix, Prasugrel, Brilinta, Cilostazol or Aggrenox, we will need to obtain clearance from the prescribing physician to stop the medication 5-7 days prior to your procedure.

If you are taking medications that would thin out your blood, including over the counter medications such as;

ASPIRIN, ADVIL, ALEVE, MOTRIN, LOVENOX, CELEBREX, BEXTRA, MOBIC, TICLID, TICAGRELOR, TICLODIPINE, DIPYRIDAMOLE, INDOMETHACIN, DICLOFENAC, ETODOLAC, FENOPROFEN, FIORINOL, KETOPROFEN, KETOROLAC, MELOXICAM, TORADOL AND ANY PRODUCTS CONTAINING IBUPROFEN.

You will need to stop the above medications 7 days prior to your procedure

****DO NOT TAKE ANYTHING BY MOUTH AFTER MIDNIGHT, UNLESS YOU ARE HAVING WATER. WATER IS OKAY TO HAVE UP TO 4 HOURS BEFORE YOUR CHECK IN TIME. ****

****IF YOU MAY HAVE ANY QUESTIONS PLEASE FEEL FREE TO CALL OUR OFFICE****

500 SUPERIOR AVE STE 320 NEWPORT BEACH, CA. 92663

PH: 949-791-7155

FAX: 949-629-4491

PREPARATION FOR COLONOSCOPY MIRALAX

DO TAKE your regular medications like blood pressure and heart medications with a sip of water. **TYLENOL IS OK TO TAKE.**

If you are diabetic, have an artificial heart valve or pacemaker- **CALL YOUR PRIMARY CARE PHYSICIAN.**

YOU NEED TO PURCHASE THE FOLLOWING (AVAILABLE OVER – THE – COUNTER)

- 6 Dulcolax Laxative Tablets (not stool softeners)
 - 510-gram bottle of MIRALAX
- 32 oz. Bottle & 64 oz. bottle of CLEAR LIQUID for ex:

(VITAMIN WATER SMART WATER, COCONUT WATER, ELECTROLYTE WATER)

****NO RED, ORANGE, OR PURPLE COLOR****

2 Days prior to the procedure

Take the 1st 2 Dulcolax Tablets at 5pm

DAY PRIOR TO PROCEDURE BEGIN A CLEAR LIQUID DIET WHEN YOU WAKE UP

Between 8am and 11am take 2 Dulcolax Tablets

At 1 pm mix 15 capfuls of Miralax with 64oz. of clear liquid. Shake until MIRALAX is dissolved

**** Use the cap on the Miralax bottle and fill to the top ****

Drink an 8-oz. glass every 10-15minutes **with a straw** until mixture is gone.

At 7pm mix 7 capfuls of Miralax with 32oz. of clear liquid. Drink an 8-oz. glass every 10-15minutes **with a straw** until mixture is gone.

At 8pm take the last 2 Dulcolax Tablets

Continue drinking clear fluids until bedtime/mid night

**** We will be sending in a prescription for Zofran an anti-nausea medication to your pharmacy, if need while prepping ****

IMPORTANT NOTES

You CAN NOT drive after your procedure a friend or relative can stay with you or come back to pick you up. You will be at the facility about 3hours if not less.

PREPARATION FOR COLONOSCOPY MIRALAX

Ladies if you are still menstruating please DO NOT use the bathroom before coming in for your procedure, since we will be needing to do a pregnancy test

INSTRUCTIONS FOR A CLEAR LIQUID DIET

***NO FOOD THE DAY BEFORE YOUR PROCEDURE FROM THE TIME YOU WAKE UP. CLEAR LIQUIDS ONLY UP UNTIL MIDNIGHT, OR 8 HOURS BEFORE THE PROCEDURE. ***

“CLEAR LIQUIDS” ARE ANY TRANSPARENT DRINKABLE LIQUIDS, LIKE GLASS. IT MIGHT HAVE COLOR, BUT YOU SHOULD STILL BE ABLE TO SEE THROUGH IT.

A STRICT CLEAR LIQUID DIET EXCLUDES ALL SOLIDS (EVEN NOODLES IN SOUP). MILK PRODUCTS, AND CITRUS (ORANGE, GRAPEFRUIT) JUICES.

SEE THE LIST BELOW FOR A VARIETY OF CLEAR LIQUIDS

- **CLEAR SNACK DRINKS LIKE HI-C, KOOLAID, AND MOST JUICE BOXES**
- **JELL-O (YELLOW, GREEN)**
- **POPSICLES**
- **BOULLION OR CLEAR BROTH (SKIMMED OF FAT)**
- **WHITE CRANBERRY, WHITE GRAPE, AND APPLE JUICES**
- **SOME TYPE OF SODA: NON-CAFFEINATED, AND MOST FIZZ SHOULD BE GONE...**
- **COCONUT WATER**

AVOID COLORS RED, ORANGE, AND PURPLE

PREPARATION FOR COLONOSCOPY MIRALAX

COLONOSCOPY RISKS INCLUDE:

PERFORATION RATE OF 0.2-0.4% BLEEDING RATE 0.2-0.5%, RESPIRATORY DEPRESSION AND CARDIOPULMONARY EVENTS DUE TO SEDATIVES (0.4%), MISSED LESIONS OF <5%

THE RISK OF COMPLICATIONS IS NOT LIMITED TO BLEEDING, INFECTION, CARDIAC AND / OR RESPIRATORY ARREST / DEPRESSION, PERFORATION, SIDE-EFFECTS AND REACTIONS TO SEDATIVE MEDICATIONS, ELECTROLYTE ABNORMALITIES FROM BOWEL PREPARATION, HYPOTENSION FROM DEHYDRATION, AND POSSIBLY DEATH. PERFORATION MAY REQUIRE SURGICAL TRANSFUSION. SHOULD THE PATIENT HAVE CARDIAC AND / OR RESPIRATORY FAILURE, RESUSCITATION MEASURE MAY BE NEEDED. POLYPS OR LESIONS COULD BE MISSED DUE TO POOR / FAIR BOWEL PREPARATION OR HIDDEN FROM VIEW. THERE IS A RISK FOR STROKE, PULMONARY EMBOLISM, OR CARDIAC EVENTS SUCH AS MI, SHOULD PATIENT REQUIRE TO DISCONTINUE ANTICOAGULATION OR ANTIPLATELET THERAPY FOR THE PROCEDURE.

EGD RISKS INCLUDE:

PERFORATION RATE OF 0.03-0.1% BLEEDING RATE 0.03%, RESPIRATORY DEPRESSION AND CARDIOPULMONARY EVENTS DUE TO SEDATIVES (0.4%). PERFORATION IS HIGHER WITH DILATION OF ESOPHAGUS (0.4%), PYLORIC STENOSIS (0.5%), GASTROENTEROSTOMY (2.2%), GASTRIC STAPLE LINE (0.8%). SERIOUS COMPLICATIONS FROM SCLEROTHERAPY DEVELOP IN 20% TO 40% OF PATIENTS AND DEATH RATE IS 1-2%. ESOPHAGEAL COMPLICATIONS OF SCLEROTHERAPY INCLUDE ULCERATION (25-75%), STRICTURE (2-31%), AND PERFORATION (1-3%).

PREPARATION FOR COLONOSCOPY MIRALAX

****Attention****

If you are feeling dizzy or light headed the morning of your procedure, please hydrate yourself with coconut water / vitamin water up to 4 hours to checking in.

**** Medical Disclaimer****

*In order to achieve a complete colonoscopy, we recommend that you complete the Entire preparation even if you feel you may be cleaned out. *

Reasoning is, there may be right sided lesions or polyps, which can lead to right sided colon cancer. These may be missed due to the subtle or flat nature of the polyp, as well as the tendency of sub-optimal bowel preparation of the right colon.