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## **Miralax Preparation prior to Colonoscopy (Over the counter – No prescription required)**

This procedure allows an examination of the entire colon or large bowel. It is designed to help explain symptoms, such as bleeding diarrhea or abdominal pain. It permits the taking of biopsies and the removal of certain types of polyps if any are found. In order to be successful, the colon must be clean and this requires the use of a special preparation. **Please prepare for your exam as follows:**

- **Iron, Vitamin E and multi-vitamins** should be discontinued ONE week prior to your procedure.
- **Aspirin and Plavix** should be discontinued 7 days prior to your procedure. **Please call your prescribing doctor to confer and for further instructions.**
- **Patients taking Coumadin** should discuss this with both the doctor prescribing the medication and Dr. Markowitz. If it is safe to stop the drug, we typically will choose to do so 4 days prior to the procedure and check a PT/INR blood test 1 day before your procedure. If the doctor prescribing the Coumadin feels it is safer to leave you on the medication, we can still do the colonoscopy, but we will be unable to remove polyps and take biopsies. **Please be sure your lab results are submitted to our office the day before your procedure.**
- **Insulin dependant Diabetics** should **call your prescribing doctor for instructions.**
- If you have a heart valve problem, heart murmur or joint prosthesis, please be aware that antibiotic prophylaxis is now usually not recommended. If you are more comfortable receiving it, however, you should contact our office to arrange this for your procedure.

- If you have any Allergies please inform our office at least 3 days before your procedure.

### **THREE DAYS BEFORE YOUR PROCEDURE:**

**FOLLOW A LOW FIBER DIET.** Avoid such foods as popcorn, nuts, fresh fruits, raw vegetables or products containing whole wheat or bran. Stop all fiber supplements (Fibercon, Metamucil, Citrucel). Avoid products containing **Olestra** (a fat substitute found in some fat-free and low-fat foods) for one week. A few examples of foods you may eat are dairy products, meats, poultry, fish, pasta, white rice, white bread, eggs, mashed potatoes, cooked carrots or squash.

### **THE DAY BEFORE YOUR PROCEDURE:**

\*\*\* Take NO SOLID FOODS – CLEAR LIQUIDS ONLY.

\*\*\*A clear liquid is any liquid you can see through. Examples are bouillon (plain broth), apple juice, ginger ale or Sprite, tea, black coffee (sugar allowed), Popsicles (NOT RED or ORANGE), Gatorade (any flavor-NOT RED OR ORANGE), Jell-O, (please do not eat RED OR ORANGE Jell-O).

\*\*\*At approximately 3:00 p.m., take 2 over the counter Dulcolax Laxative pills with a glass of clear liquid.

\*\*\*At 6:00 p.m., mix (1) 238 gram bottle of Miralax in 64 oz of any clear liquid listed above (EXCEPT RED liquids). Drink an 8oz glass every 15-20 minutes until gone.

\*\*\*At 9:00 p.m., take 2 over the counter **Dulcolax laxative** pills with a glass of clear liquid.

\*\*\*Once your prep is complete, you may continue clear liquids.

### **The day of the procedure**

\*\*\*You may continue with **CLEAR LIQUIDS** until 3 hours prior to your procedure start time. After this time, you may have nothing by mouth at all, including gum, candy or water after that time. If your procedure is in the early A.M., please take heart or blood pressure medications with a sip of water when you first get up. You should use your inhalers and bring them to the hospital with you.

**\*\*\*BECAUSE OF THE SEDATION YOU WILL BE GIVEN, YOU WILL NEED TO ARRANGE FOR SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE.** If there is no one to bring you home, *we will not be able to do the procedure. You will be instructed not to drive or work until the next morning.*

### During the procedure

- ❖ A small intravenous line will be started in order to administer medication to relax you. You will be drowsy for the duration of the procedure, but awake and semi-alert to your surroundings. You will be able to view the exam on the screen during your procedure. If necessary additional medication can be given during the procedure.
- ❖ You may be aware of some abdominal cramps. Passage of gas usually relieves any cramping. The procedure will last about one hour

### After the procedure

- ❖ You may pass gas through the rectum. This area is used during the procedure and the feeling is normal.
- ❖ After finishing the examination, the doctor will discuss the findings with you. **If a biopsy or other specimen is taken, the results will be available within 5 – 7 days to the doctor. If there is an abnormality, the doctor will notify you by telephone. If the results are normal, you will receive a letter from our office within 7 - 10 days. Please do not call the office for results.**
- ❖ The nurse will check your blood pressure and pulse as you recover from the sedation and she will tell you when you may leave. This is usually forty-five to sixty minutes after finishing the examination.
- ❖ If you have had a biopsy taken, it is **normal** to see a small amount of blood when you have a bowel movement. If there are any special findings, or instructions, they will be discussed. If a biopsy or other specimen is taken, the results will be available within 5 – 7 days to the doctor. **If there is an abnormality, the doctor will notify you by telephone. If the results are normal, you will receive a letter from our office within 7 - 10 days. Please do not call the office for results.**

- ❖ **You must have an escort pick you up from the Endoscopy Suite, and accompany you home.**

On the day of the procedure, please bring in all insurance information including referrals and insurance cards with you. On arrival please check in with the receptionist and she will direct you to the Billing Personnel.

**The procedure will be performed at:**

Columbia University Medical Center  
Herbert Irving Pavilion, (Dana Atchley Pavilion)  
161 Fort Washington Avenue at 165<sup>th</sup> St.  
Outpatient Endoscopy Suite  
13<sup>th</sup> floor

**Please arrive 30 minutes before your scheduled appointment time.**

**Thank you!**