Colonoscopy & EGD with Miralax

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MIRALAX PREP

READ ALL INSTRUCTIONS A WEEK BEFORE YOUR PROCEDURE
If you start blood thinner or weight loss medications after scheduling your procedure or have questions,
please call our office at 303-788-8888 or visit www.southdenvergi.com.

ARRANGEMENTS

- **GETTING HOME:** you will not be able to drive, work, make any personal or business decisions, or operate any heavy machinery for 24 hours after your procedure. The medicines you were given can change the way you think and make it harder to remember for the rest of the day. As a result, you will not be allowed to leave alone and will need an adult friend or family member to take you home. **Failure to arrange a driver will result in cancellation of your procedure.**
- **TRANSPORTATION SERVICES:** If you do not have a responsible adult to accompany you home, there are transportation services you may use who have drivers that are trained in CPR and first aid. They are also permitted to sign your discharge papers after your procedure to make sure you make it home safely. **You will need to set up your reservation with them prior to your procedure: Andy's House Services (Preferred): 720-420-9095, Mobility Transportation: 303-295-3900, or Midtown Express: 303-282-8085.**
- **AVOID:** seeds and nuts for 1 week prior to your

colonoscopy.

MEDICATIONS AND DEVICES

- **Diabetes medications:** We ask that GLP-1 medications be held for ONE dose. Please contact your prescribing provider's office for specific instructions.
- **Blood thinning medications:** (Eliquis, Coumadin, Xarelto, Pradaxa, etc.) ensure you have gotten pre-procedure instructions 1 week before your procedure. **If not, please call the RN line: 303-761-8336.**
- **Weight loss medications:** GLP-1's: hold for ONE dose. Phentermine: STOP at least 7 days before your procedure.
- **DO NOT STOP** regular medications; unless told to do so.
- Take heart and blood pressure medications ACCORDING TO SCHEDULE and DO NOT MISS DOSES; unless told to do so.
- **DO NOT STOP** taking Naltrexone or Contrave if scheduled with Propofol. Hold Naltrexone for at least 72 hours with conscious sedation.
- **INHALERS:** please use your inhaler before coming in for your procedure and bring it with you.
- **CPAP:** FOR HOSPITAL PROCEDURES ONLY, please bring this with you.

1 DAY BEFORE THE COLONOSCOPY

- Start a CLEAR LIQUID DIET in the morning
  ***If your procedure is **after 12:00PM tomorrow** you may have a light breakfast (eggs, white toast) **before 9:00AM today** and then start a clear liquid diet. ***

DOSE 1: Start at 6:00 PM the Day Prior to Colonoscopy

1. At 12:00 PM Take 2 Bisacodyl tablets with one 8 ounce

glass of water
2. At 6:00PM prepare your prep by emptying the bottle of miralax into the 64 ounce bottle of gatorade/crystal light and vigorously shaking the bottle to mix. Pour and Drink one 8 oz glass of Miralax prep every 15-30 minutes until HALF of the prep bottle is finished.
3. Chew 2 Simethicone/Gas-X tablets.
4. You may continue to drink any of the other clear liquids you have chosen throughout the evening.

DOSE 2: Day of Procedure: 6 Hours Prior to Colonoscopy
NO SOLID FOODS TODAY

1. 6 hours before your procedure
2. Shake the remaining prep vigorously to mix. Pour and Drink one 8 oz glass of Miralax prep every 15-30 minutes until the remaining prep is finished.
3. Chew 2 Simethicone/Gas-X tablets.
4. You may continue to drink any of the clear liquids until 4 hours before your procedure

THE DAY OF THE COLONOSCOPY

No gum, hard candy, chewing tobacco, cigarettes, marijuana, cigars, pipes, e-cigarettes, or illicit drugs.

If you have any heart, blood pressure, anti-seizure medications you may take them with small sips of water when you usually take these medications.

4 hours before your procedure:

STOP drinking all liquids, including water. This is for your safety. Anything after 4 hours can delay or cancel your procedure.

IMPORTANT:
Following the second dose, your bowel movements should be

clear, yellow, or tea colored. If bowel movements aren’t clear, yellow, or tea-colored, or contain any solids, please call the on-call physician: 303-788-8888 to be given further instructions or to discuss if you will need to be rescheduled. Bring your ID, Insurance Card, & a Form of Payment for Check-in at: Castle Rock Endoscopy Center