

## Colonoscopy Preparation Instructions: MiraLAX & Milk of Magnesia

Appt. Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ Est. Escort Return Time: \_\_\_\_\_

**Failure to follow these instructions may cause your procedure to be cancelled. Call our office 8am-5pm if you have any questions or concerns.**

### A week before

- You will be receiving sedation for this procedure and **must have an escort over the age of 18 to drive you home** or the procedure will be cancelled. Uber, taxi and/or public transportation are not acceptable rides unless you have an escort accompanying you.
- Plan to take it easy on your procedure day. You will not be able to work, drive, operate equipment, or sign any important papers until the following day. Do not drink alcohol or take sedatives on your procedure day.
- **Stop eating nuts, popcorn, corn, seeds and small grains (such as quinoa) 1 week prior to your procedure to help clear your colon.**
- Avoid taking **fish oil supplements** the week prior to your procedure.
- Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.
- Check with your insurance company for authorization or deductible. **Call us and speak to our Billing Department with any insurance or billing concerns.**
- Pick up your prep at the pharmacy if you have not already done so.
- You may find it useful to visit our website, [www.nwgastro.com](http://www.nwgastro.com), to view educational videos, helpful hints, and frequently asked questions.

### Starting 3 days before

- **Canceling your procedure after today may result in being charged a fee of \$50.00.** Short cancellation notice does not allow us to use this time slot for other patients who have been waiting.
- Continue to take a daily aspirin if you normally take one.
- Stay well hydrated. Drink up to 8 glasses of clear liquids throughout the day in addition to eating your regular diet.
- Avoid eating obviously greasy, oily or fried foods, and continue to avoid nuts, popcorn, corn, seeds and small grains (such as quinoa).
- **In the morning and evening, take 2 tablespoons of Milk of Magnesia both today and tomorrow.**

### The day before

**Follow the special diet you were given by our office.** Note that no food should be eaten after you begin drinking the colon preparation. Continue to stay well hydrated by drinking up to 8 glasses of clear liquid throughout the day in addition to drinking your preparation.

**Please follow our instructions below and not the instructions provided with the preparation packaging.**

We recommend that you start drinking the MiraLAX prep at [redacted]. Mix ½ of the 238–255-gram bottle of MiraLAX with 32- ounces of Gatorade or Propel. Drink an 8-oz glass of the MiraLAX mixture every 15 minutes until gone. Continue to drink additional clear liquids, (preferably an electrolyte drink such as Gatorade/Propel-not red or purple in color, coconut water, broth, etc.) taken at your own pace.

Drinking the prep will cause diarrhea typically within 1-3 hours, though results may vary. Plan to stay close to a bathroom for the rest of the evening.

If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. Some people do better if drinking through a straw. Adjust temperature with ice, instead of putting the drink in the refrigerator.

If you are unable to keep the prep down or are experiencing any unusual side effects, call us at **360-734-1420**.

### Your procedure day

Take your regular medications unless instructed otherwise.

We recommend that you start to drink the prep at [redacted]. Mix the remaining ½ of the MiraLAX prep with 32-ounces of Gatorade or Propel. Drink an 8-ounce glass every 15 minutes until gone. You can drink additional clear liquids after your prep until the time below.

- **At [redacted] (3 hrs before check-in) stop drinking all liquids, including your prep, clear liquids, hard candy, gum, and chewing tobacco.**
- Be sure to bring your insurance card and co-pay but leave other valuables at home.
- **Due to COVID-19 escorts are asked to remain in their vehicles when waiting at the center.** A member of our staff will contact your escort when your procedure is completed with further instructions.
- **NW Endo has moved! Our new location in the Barkley area is 3111 Woburn St., Bellingham WA**

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### **Additional Instructions**

**Diabetic patients-** please follow the guidelines below unless you've been instructed otherwise by your doctor:

- If you take an oral medication or a standing insulin dose, take ½ your normal dose the evening prior to your procedure and hold your normal dose until after your procedure.
- If you take a sliding insulin dose, take as needed the day prior to your procedure and hold until after your procedure.
- If you have an insulin pump, please follow instructions provided by your doctor.

**Special instructions:**