



Robert D. Brouwer, M.D.
Thomas P. Gushurst, M.D.
William W. Webb, M.D.

William F. Hanavan, M.D.
Heidi S. Gjersoe, M.D.
Kim T. Nguyen, M.D.

Colonoscopy Bowel Preparation Miralax Preparation

NAME: «Pt_Full_Name»

Your colonoscopy is scheduled on «Appt_Date» with «Appt_Prov_Full_Name».

Please arrive at: _____ AM / PM to the Kalamazoo Endo Center. (map and instructions enclosed)

If you have any questions or must cancel, please call our office at 269-349-2266 during the hours of 8:00am to 5:00pm.

YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT TO DRIVE YOU HOME UPON DISCHARGE.

About the Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan on being at the facility for 1 ½ - 2 hours. **It is critical that you follow these written instructions as directed not the instructions on the prep box.**

The physician will discuss your procedure and results with you when you are in the recovery room. Every effort will be made to keep your appointment at the scheduled time, however with outpatient or ambulatory procedures, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

What to bring:

1. The completed enclosed forms (if you did not mail them back ahead of time).
2. The first and last name of all doctors you want to receive a copy of your procedure report.
3. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person responsible for you is asked to stay in the waiting room the entire time of your stay. If they cannot, the driver must come into the center and receive pick up times from the registration clerk. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
4. A copy of relevant medical records from your referring physician.
5. **Your Photo ID & Insurance cards.** If your insurance has changed since your appointment was scheduled, please contact us immediately. Many insurance carriers (not Medicare) and managed care organizations require preauthorization for precertification. To obtain coverage for these procedures, we recommend you contact your insurance company. The phone number is usually on the back of your insurance card. If you need assistance, please call our KEC coordinator at 269-488-3685.

What to wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

Please bring a list of present medications and drug allergies.

Medications

1. **Insulin** – Reduce the AM dosage by ½ the morning of the procedure.
2. **Oral Diabetic medication** – Take ½ the night before the procedure, and none the morning of the procedure.
3. **Coumadin** – Stop 5 days before the procedure. **Please contact our office for instructions 269-349-2266.**
4. **Plavix or Pletal** – Stop 7 days before the procedure. **Please contact our office for instructions 269-349-2266.**
5. **Anti-inflammatories** – DO NOT take the day of the procedure.
6. **Iron Supplement** – Stop 5 days before the procedure.

**The clear liquids listed below are allowed during the preparation
(consume nothing with red dye)**

Coffee (no cream)	White Cranberry or grape Juice	Jell-O	7-UP	Boullion / Clear Broth
Tea	Apple Juice	Popsicles	Ginger Ale	Cola products
Gatorade	Orange Juice (no pulp)	Tang	White Grape Juice	Hi-C

******Remember to purchase 2 Dulcolax laxative tablets from your pharmacy when you pick up your Miralax prep.**

PREP INSTRUCTIONS FOR YOUR COLONOSCOPY – MIRALAX PREP

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day of your colonoscopy
<p>Read all prep instructions.</p> <p>Please stop eating all indigestible foods such as corn, seeds and popcorn at least 5 days prior to your procedure.</p>	<p>Take 2 Dulcolax tablets around 9:00 PM</p>	<p>NO SOLID FOOD NO ALCOHOL</p>	<p>NO SOLID FOOD NO ALCOHOL You may take your morning medications</p>
<p>Stop herbals, vitamins, and oral iron supplements.</p>		<p>PLENTY OF CLEAR LIQUIDS ALL DAY (see list on previous page)</p> <p>IN THE MORNING: Mix ½ of the Miralax bottle in each 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator.</p>	<p>4 hours prior to leaving for your appointment Take the second 32 ounce bottle of Miralax in Gatorade.</p> <p>If your procedure is scheduled early in the morning, you'll need to get up in the middle of the night to take this dose of preparation. The correct timing is essential to an effective preparation.</p> <p>Have nothing to drink for 3 hours before your appointment.</p>
<p>Obtain following bowel prep from your pharmacy.</p> <p>1) One 238 gram bottle of Miralax. 2) Two Dulcolax laxative tablets. 3) Two 32oz bottles of Gatorade, any flavor. Not red or purple in color.</p> <p>Miralax is available over-the-counter.</p>		<p>6:00 PM Begin drinking the Gatorade/Miralax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.</p> <p>You are encouraged to continue to drink clear liquids until you go to bed.</p>	
		<p>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</p>	