

DIGESTIVE DISEASE & ENDOSCOPY CENTER, PLLC

Tower Medical Center 3261 MT. Vintage Way, Ste. 221, Silverdale, WA 98383 Phone: (360) 479-1952

DDECenter.com

Standard MiraLAX Instructions

Procedure Date: _____

Arrival Time: _____

Procedure location: ☐ **Digestive Disease & Endoscopy Center**
3261 Mt. Vintage Way, Suite 221
Silverdale, WA 98383

☐ **St. Michael Medical Center– Harlow Entrance**
1800 Myhre Rd.
Silverdale, WA 98383

Time given above is your arrival time, your procedure typically starts within 1 hour of arrival. **Expect to be here 2-3 hours.** If you need to cancel or reschedule, call (360) 479-1952, cancellation notice must be at least 48 hours prior to your procedure date.

PREPARING FOR YOUR PROCEDURE:

- **FOLLOW ONLY THESE INSTRUCTIONS FOR PREPARATION.**
- Pay close attention to the **DIET AND MEDICATION INSTRUCTIONS** on the back of this page. You may be making medication or diet changes up to 7 days prior to your procedure. Failure to follow these instructions limits the value of this procedure and your examination may need to be repeated or rescheduled.
- The Surgical Center nurse will call you 24-48 hours before your procedure to perform a pre-procedure interview. Please allow approximately 10 minutes for the phone call and have an updated medication list ready.

ARRANGE FOR A DRIVER:

It is our office policy that patients must have a driver, age 18 or older, drivers are required to be with you at check-in and stay on site during your procedure. Patients will not be allowed to drive yourself or leave the facility alone. TAXI, BUS or UBER types of service are **ONLY** allowed if you are accompanied by a family member or friend (age 18 or older). **If you do not have a driver, your procedure will be cancelled.**

INSURANCE NOTIFICATION:

- It is the patients responsibility to confirm benefits and coverage for all services with your insurance before your procedure.
- If you have changed your insurance carrier recently, please notify us of this change immediately.
- Charges you will see will include facility fee, anesthesia fee and gastroenterologist fee.
- If biopsies are obtained or if polyps are removed, pathologist, pathology/laboratory fees will be incurred. For pathology billing questions, please call, Gastro Health at 888-851-0105.

COLONOSCOPY PREP SOLUTIONS TO PURCHASE: Solutions available over-the-counter (No prescription needed)

- ☐ Pick up your prep solutions over-the-counter from your local drug store or grocery store. (No prescriptions are needed)

One Box: Dulcolax (Bisacodyl Tablets 5mg)

Two— 8.3oz (238g) Bottles MiraLAX Powder

Five – 28oz Yellow, Orange or White: Gatorade, G20 Gatorade, Powerade Zero

Clear Liquid Diet items

CLEAR LIQUID DIET Aim for 45 grams of carbohydrates for meals and 15-30 grams for snacks. Avoid liquids that are RED, BLUE or PURPLE.	Clear Liquids w/Carbohydrates	Grams of Carbohydrates	Clear liquids w/out Carbohydrates
	Apple Juice (4 oz)	15	Fat-Free broth or consommé
	White Grape Juice (4 oz)	20	Diet clear Soda, Seltzer, Ginger Ale
	Sports Drinks: Gatorade (8oz)	14	Black Coffee
	Gelatin/Jell-O (1/2cup)	15	Tea Unsweetened
	Orange Popsicles	15	Clear flavored water
	Sugar for black coffee or tea	4	Lemonade

MEDICATION & DIET INSTRUCTIONS: ONE WEEK BEFORE EXAM:

- Follow **Low Residue/Low Fiber Diet** on the next page.
- Tylenol is okay to take as needed for pain.
- Continue to take your medications for High Blood Pressure, Lung, Seizure or Psychiatric medication each day as normal.
- Diabetic Medications: See the attached Diabetic Medication Instruction sheet.
- **AVOID:** Smoking, chewing tobacco, alcohol, marijuana (THC) for one week before exam.
- **STOP** all supplements containing Turmeric, Iron, Fish Oil or Fiber. (ex. Metamucil, Citrucel and Multivitamins with iron)
- **STOP Blood Thinning Medications:** Confirm with your cardiologist or prescribing physician before stopping any medication.

The guide below is for patients with normal kidney function. Patients with decreased kidney function should check the after visit clinic summary for details

STOP 7 DAYS BEFORE EXAM	STOP 5 DAYS BEFORE EXAM	STOP 3 DAYS BEFORE EXAM	STOP 1 DAY BEFORE EXAM
<ul style="list-style-type: none">• Brilinta (Ticagrelor)• Effient (Prasugrel)• Plavix (Clopidogrel)• Ticlid (Ticlopidine)• Ibuprofen (Motrin)	<ul style="list-style-type: none">• Aggrenox• Aspirin (Only if taking 325mg)• Coumadin (Warfarin)• Persantine (Dipyridamole)	<ul style="list-style-type: none">• Eliquis (Apixaban)• Pradaxa (Dabigatran)• Xarelto (Rivaroxaban)	Lovenox– Last dose is on the morning of the day before procedure.

1 DAY BEFORE EXAM:

- ☐ Drink only Clear liquids all day today. **NO SOLID FOOD or DAIRY PRODUCTS.**
- ☐ **10am:** Take Four-5mg Dulcolax (Bisacodyl) Tablets with 10oz water.
- ☐ *Continue drinking clear liquids over the course of the day to remain hydrated.*
- ☐ **5pm:** Mix one 8.3oz MiraLAX container with 64oz of Gatorade. (You may need to use a pitcher or large container to mix the solution together) Stir the mixture until the powder has dissolved.
- ☐ Begin drinking the mixture, 8oz of every 10- 15 minutes until you have finished all of the solution.
- ☐ *Continue to drink clear liquids until bed time, as needed to remain hydrated.*

It is common to feel bloated or nauseous when starting the prep. These symptoms go away once you start having bowel movements. If you become too nauseated or are vomiting, stop for 30 minutes then begin drinking the solution through a straw. Attempt to finish all of the prep even if it takes you longer. If vomiting persists, or you are unable to finish the prep, pause again and call the on-call physician for further instruction.

DAY OF EXAM: 6 hours prior to procedure:

- ☐ **Drink only clear liquids. No Solid food, gum, candy, mints or chewing tobacco.**
- ☐ Mix one 8.3oz MiraLAX container with 64oz of Gatorade. Stir the mixture until the powder has dissolved and begin drinking the mixture, 8oz of every 10- 15 minutes until you have finished all of the solution.
- ☐ **STOP ALL LIQUIDS 3 HOURS BEFORE YOUR PROCEDURE.**
- ☐ If you have been prescribed blood pressure, lung, seizure medications, take them 3 hours prior to your procedure with small sips of water. If you use an inhaler on a regular basis, please use your inhaler the morning of your procedure and bring it with you.
- ☐ Your stool should be clear yellow liquid (clearly see the bottom of your toilet bowl). If your stool is particulate or brown liquid or formed, please call the office immediately at (360) 479-1952 ext. 201.
- ☐ Wear comfortable, loose fitting clothing that is easy to step into, short sleeve top and flat shoes/tennis shoes.
- ☐ Do NOT wear lotions, perfume/cologne or jewelry.
- ☐ Bring Photo ID, insurance cards and reading glasses, If applicable.

LOW RESIDUE/ LOW FIBER DIET

Start 7 Days before your procedure

A successful colonoscopy starts with good preparation to ensure excellent visibility. Failure to follow these instructions limits the value of this procedure and your examination may need to be repeated or rescheduled. One week prior to your procedure, only eat items listed in the approved column.

APPROVED LIST (Fruits & Vegetables– Peeled and Deseeded)	DO NOT EAT
Almond Butter	Any foods containing Whole Wheat
Apples	Beans/Lentils
Avocado	Blackberries
Cantaloupe	Blueberries
Carrots	Broccoli
Chicken, Pork, Beef	Brown Rice
Couscous	Cauliflower
Cream of Wheat	Corn
Creamy Peanut Butter	Dried Fruit
Dairy	Green beans
Eggs	Kale
Eggplant	Multigrain Breads
Fish	Nuts
Flour Tortillas	Oatmeal
Garlic	Olives
Grapefruit	Pickles
Hummus	Popcorn
Milk/Milk Alternatives	Quinoa
Muffins	Raspberries
Mushrooms	Salads
Onions	Seeds
Oranges	Soy beans
Pancakes	Spinach
Pastries (Without Fruit/Jellies)	Strawberries
Peaches	Sweet Potatoes
Pears	Tomatoes
Potatoes	Wheat Crackers
Rice Noodles	Whole Wheat Breads
Shredded Coconut	Whole Wheat Pastas
Squash	
Tofu	
White bread	
White Pasta	
White Rice	
Zucchini	

FREQUENTLY ASKED QUESTIONS

What is clear stool?

A clear stool can have a slight tint of yellow. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool. After your prep is completed: If your bowel movements are solid, have semi-solid particles or liquid is Dark Brown/Dark Orange or Murky, you are not prepped well enough and will require additional prep. Please call our office immediately at (360) 479-1952 Ext. 201.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids. If you have not had a bowel movement by 10 pm the night prior to your procedure, you will need to reach the on-call physician for further instructions. The on call physician can be reached by calling our office number at (360) 479-1952.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solutions even if it takes you longer. If vomiting persists, or you are unable to finish the preparation stop the preparation and call your physicians office for further instructions.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure, however the seeds or nuts may cause difficulty in screening and require a need for a rescreening. If you have eaten a large amount of seeds or nuts, contact the office.

Can I take alcohol, THC or other recreational substances while prepping for my procedure?

Alcohol, THC products and any other mind altering substances are not allowed while prepping for a colonoscopy.

Why do I have to wake up so early for the second dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

Do I need to drink all the prep?

It is important to finish all the prep solution as a good prep is the most important step for a successful colonoscopy. Poor prep may result in your procedure being delayed or cancelled.

When will I hear about my pathology results?

Test results will be mailed to you within 10-14 business days. If the findings are serious, you will be notified earlier by phone. If you have signed up for our patient portal, results will posted to your patient portal.

Is a colonoscopy covered by my insurance?

Contact your Insurance company to check benefit coverage for your procedure. Provide them with our Tax ID Number: 912065379 and CPT billing codes: 45378, 45380, 45381, and 45385 to confirm coverage.

Additional Insurance Information:

Please note that screening colonoscopies are often not subject to deductibles, co-pays or co-insurance. However, if a polyp is removed or biopsies taken during your procedure, deductibles, co-pays and co-insurance may apply. For plan specific details you will need to contact your insurance carrier for all other questions you may contact our billing office at (360) 479-1952, option 4.