



# Mountain West Gastroenterology

## MIRALAX PREPARATION FOR COLONOSCOPY

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### **7 DAYS PRIOR TO YOUR EXAM:**

- Stop taking **Aspirin, Ginkgo Biloba, or Plavix**. Tylenol is ok to take. If you have a heart condition, had a recent heart attack or cardiac stent placement, you should discuss this with your Cardiologist or Primary Care Physician prior to stopping any anti-clotting agents.
- If you are taking blood thinners such as **Coumadin**, you should discuss with your Cardiologist or Primary Care Physician how to manage your blood thinners prior to the procedure.
- If you have had a mechanical heart valve, history of deep clots in your legs, or a pulmonary embolism, you may need **Lovenox or Heparin** up to the day of your procedure and possibly after the procedure.
- If you have **diabetes**, please follow our attached guidelines and discuss this with your Primary Care Physician. Test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless otherwise instructed by your doctor. If you take insulin, bring your insulin with you. If you take insulin in the morning, take only ½ of your usual dose.
- **Nursing Mothers** – please “pump and dump” twice after the procedure before resuming breastfeeding.

### **5 DAYS PRIOR TO YOUR EXAM:**

Avoid eating high fiber foods, fiber supplements and discontinue any **iron** supplements 5 days prior to your examination.

### **3 DAYS PRIOR TO YOUR EXAM:**

Stop taking all anti-inflammatory medicines such as **Ibuprofen, Advil, Naproxen, Excedrin, Aleve or similar**. You can take Tylenol for pain.

**At your pharmacy or drug store please buy:**

1. **Four DULCOLAX LAXATIVE tablets.**
2. **MIRALAX POWDER 238 gram bottle (14 day bottle).**
3. **64 oz of Gatorade or Powerade. Diabetics may use a low calorie Gatorade or a similar liquid.**

### **2 DAYS PRIOR TO YOUR EXAM:**

You may eat a regular dinner, but stop eating solids after **7:00 pm**. Thereafter you may continue to drink clear liquids only. This means liquids you can see through such as Apple juice, water, Sprite, Jell-O, Coffee (No Creamer), tea, clear chicken or beef broth, clear Gatorade, clear Powerade, or Crystal Light. **\*NO milk or pulp products: do not drink anything with red, purple or orange dyes.**

**1 DAY PRIOR TO YOUR EXAM:** *You may not eat any solid food until after your procedure!*

**One of the most important aspects to a successful prep is to consume plenty of fluids the day before the exam.**

**Restrict your diet to clear liquids only, no solids.** Liquids can be taken without restriction.

Mix the entire 238 gram bottle of Miralax with 2 quarts of Gatorade in a large pitcher. Stir and chill.

Around **5:00 pm**, take all four Dulcolax tablets. After about one hour of taking the Dulcolax tablets, start drinking one-half of the chilled Miralax solution. Take about four 8 ounce glasses (for a total of 32 ounces) over a 2 hour period (one glass every 15-30 minutes). You may continue to drink water to stay hydrated.

**THE DAY OF YOUR EXAM:** *You may not eat any solid food until after your procedure!*

- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless

otherwise instructed by your doctor. If you take insulin, bring your insulin with you. If you take insulin in the morning, take only ½ of your usual dose.

- Remember to TAKE YOUR USUAL MEDICATIONS (no blood thinners, no NSAIDS, no aspirin, no Plavix) the morning of your procedure.
- At least 4-5 hours before your scheduled arrival time at the endoscopy center, drink the remaining ½ of the Miralax solution over 2 hours. **Be sure to finish the solution.** You may continue to drink water until two hours prior to your scheduled arrival time. Stop drinking 2 hours before your scheduled arrival time.

**You may apply zinc oxide, Vaseline, Aloe Wipes or petroleum jelly to anal area to prevent irritation. Baby Wipes or Medicated Tucks may be considered.**

**Please bring someone with you to the endoscopy center to drive you home, as you will be sedated for the exam. You may not drive for 12 hours.**

Your exam will be cancelled or must be done without sedation if you do not have someone to drive you home. You will be in the Endoscopy Lab for approximately two to three hours. The doctor will talk to you after the exam and will give you recommendations for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s) and completed information form. For your safety, no jewelry should be worn **anywhere on your body** the day of your procedure. No valuables should be brought to the center. We are not responsible for patient valuables. We will expect payment of co-pays, coinsurance and deductibles at the time of service. If your insurance requires a referral, you should contact your primary care physician to arrange for us to receive the referral prior to the procedure.

**Additional information can be found at our website [www.mwgi.com](http://www.mwgi.com).**

**You may receive THREE separate bills for this procedure: 1 - Physician, 2 - Facility, 3 - Pathology**

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\_\_\_ Colonoscopy      \_\_\_ Flex Sig      \_\_\_ EGD/Colon      \_\_\_ EGD/Flex Sig

**YOUR PROCEDURE IS SCHEDULED AT THE FOLLOWING TIME AND PLACE:**

- Mountain West Endoscopy Center, 6360 South 3000 East, Ste 320, SLC, UT.**  
801-944-3166  
If not contacted by the day before your procedure, call 801-944-3166 to pre-register.
- Intermountain Medical Center, 5121 South Cottonwood Drive, Murray, UT.**  
801-507-3262  
Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.  
Call the day before your procedure to pre-register, 801-314-4395
- Davis Hospital & Medical Center, 1600 Antelope Drive, Layton, UT.**  
801-807-7034  
Use the ER Entrance
- Lakeview Hospital, 630 E Medical Dr, Bountiful, UT.**  
801-299-4657  
South Entrance, Same Day Surgery Registration.
- Lakeview Endoscopy Center, 620 E Medical Dr, Suite 200, Bountiful, UT.**  
801-299-6760  
Call the day before your procedure to pre-register
- LDS Hospital, 8th Avenue & C Street, SLC, UT. ~Dr. Batista Only~**  
801-408-1057  
Entrance West Wing of Hospital. Call the day before your procedure to pre-register, 801-314-4395. Free Valet Parking Available.
- Riverton Hospital, 3741 West 12600 South, Riverton, UT.**  
Riverton Hospital will call you prior to your procedure.

**FOR QUESTIONS PLEASE CALL OUR OFFICE AT \_\_\_\_\_**