



Southwest Gastroenterology Associates  
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<b>Double Miralax Prep</b>		
<b>Date:</b>	<b>Time:</b>	<b>Physician:</b>
<b>Location: Southwest Endoscopy 7788 Jefferson St NE, Albuquerque, NM 87109</b>		
Please call to confirm appointment 505-999-1600		

**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach your physician’s office at: 505-999-1600



**NO SHOW:** Any patient who fails to keep an appointment will be charged a \$100.00 fee for scheduled procedure appointments. The fee must be paid prior to rescheduling any appointments.

**Cancellations** must be made 72 hours prior to your scheduled appointment. Any cancellation made less than 72 hours will be charged \$100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.



### **Shopping List**

**1 Week prior to your procedure purchase the following:**

- 2 bottles of over the counter Miralax Powder, 8.3 oz. – No prescription is needed for Miralax.
- Dulcolax (Bisacodyl) Laxative 5mg tablets. (6 tablets)
- 2 64 oz. bottles of Gatorade or Gatorade G2 – No red or purple.
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment or Vaseline.
- Clear liquids.

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Special Notes:</b> Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.</p> <p><b>Stop</b> taking iron; fiber supplements or vitamins containing iron: fiber</p> <p><b>Stop</b> taking fish oil, krill oil or shark oil supplements.</p>	 <p><b>Stop</b> eating any vegetables, fruits, or corn. No foods that contain any seeds like tomatoes, green Chile or sesame seed buns.</p> <p>You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	 <p>-Continue to avoid vegetables, fruits, or corn. No foods that contain any seeds like tomatoes, green chile or sesame seed buns.</p> <p>-Confirm arrangements with your driver.</p> <p>Prep at a Glance -5:00 pm take 4 Dulcolax/Bisacodyl tablets</p> <p><b>NO SOLID FOODS AFTER MIDNIGHT</b></p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b></p> <p>Upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy. - Alcohol is not permitted.</p> <p>Prep at a Glance <b>12:00 pm</b> take 2 Dulcolax/Bisacodyl tablets <b>5:00 pm</b> take 64 oz. of prep solution.</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p><i>Detailed, step-by-step instructions continue page 5.</i></p>	<p>Begin drinking the other 64 oz. of the prep solution <b>8 hours</b> before your procedure.</p> <p>Do not eat or drink <b>6 hours</b> prior to your procedure except for your usual medications with small sips of water at least 2 hours prior to your procedure.</p> <p>Do not skip any heart, blood pressure or seizure medications.</p>

**\*Clear Liquid Diet Details: NO RED OR PURPLE. NO DAIRY**

<u>Approved</u>	<u>Avoid</u>	 
<ul style="list-style-type: none"> <li>✓ Sodas, coffee and tea</li> <li>✓ Clear juices, fitness water</li> <li>✓ Popsicles without pulp</li> <li>✓ Chicken, vegetable and beef broth</li> <li>✓ Gelatin</li> </ul>	<ul style="list-style-type: none"> <li>× No milk/dairy</li> <li>× No juices with pulp</li> <li>× NO RED or PURPLE</li> </ul>	

## **Bowel Prep Frequently Asked Questions**

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

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

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

### **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 the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### **What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

### **What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour.

Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

### **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 a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### **Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 6 hours prior to the procedure.

**Why do I have to wake up so early for the 2nd 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.

**If I weigh under 100 pounds do I need to take all the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy

**What time do I start the second half of my prep if my procedure is scheduled before 8AM?**

If your procedure is scheduled before 8AM, you will start your prep the night before your procedure.

### Prep Day: Two days before your procedure

Drink plenty of water throughout the day to avoid dehydration.

1

**5:00 PM** two days prior to your procedure

Take 4 (5mg) Dulcolax tablets with a glass of water.



No solid foods after midnight until after your procedure. Drink plenty of water to avoid dehydration.

### Prep Day: The day before your procedure

2

**12:00 PM** the day prior to your procedure

Take 2 (5mg) Dulcolax tablets with a glass of water.



3

**12:00 PM** the day prior to your procedure

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.



4

**5:00 PM** the evening prior to your procedure

Mix together the entire bottle of Miralax (8.3oz/238 g) with 64 oz. of the chilled Gatorade.



5

**5:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the solution every 10-15 minutes until you have finished drinking the entire mixture (64 oz.)



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

6

**8:00 PM** the day prior to your procedure

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.



### Prep Day: The day of your procedure

7

**Eight hours** before your procedure

Mix together the entire bottle of the Miralax (8.3oz/238g) with 64 oz. of the chilled Gatorade.



8

**Eight hours** before your procedure

Drink an 8 oz. glass of the solution every 10-15 minutes until you have finished drinking the entire mixture (64 oz.)

You must finish the entire prep 6 hours prior to your procedure time, even if your bowels are already clear.



## **THE DAY OF THE PROCEDURE**

**If your procedure is before 7 AM, please check in at 6:30 AM. Our office opens at 6:30 AM.**

- **Start drinking the second dose of the prep 8 hours prior then nothing for 6 hours prior to your procedure.**
- TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED WITH A SMALL SIP OF WATER AT LEAST 2 HOURS PRIOR TO YOUR PROCEDURE.
- **You must arrange to have a responsible adult (18 or older) come with you to your procedure until you are discharged and will drive you home. You are not allowed to drive, take a bus, or leave the facility alone.**
- You will need your current insurance card, picture ID, and copayment.
- If you are female, under age 50, and haven't had a hysterectomy, oophorectomy or menopause longer than 2 years, you will need to submit a urine specimen for a urine pregnancy test.

**If you have any questions or concerns about the preparation,** please contact our office at 505-999-1600.