

Miralax Preparation

Central Texas Colon and Rectal Surgeons

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Name: _____

Your procedure has been scheduled for _____

at _____ Hospital.

Please be at admissions at _____.

This preparation includes a clear liquid diet and a Miralax prep. Enemas and laxatives do not need to be taken or used unless prescribed. Do not eat seed foods or nuts for 48 hours prior to your procedure. Do not take Konsyl, Metamucil or other similar fiber type medications for 48 hours prior to your procedure.

Note: **Your prescriptions will be called in one week before your procedure.**

On _____ (the day prior to your procedure):

1. Begin clear liquid diet when you wake up.
2. At 12:00 noon, take 4 Dulcolax tablets.
3. At 12:00 Noon, mix the 238 gm Bottle of Miralax in 2 quarts (64oz) of Gatorade, or any other clear fluid until the Miralax is dissolved and place in refrigerator.
4. At 5:00 PM, begin your Miralax prep:

Directions for Miralax prep: Drink 8 chilled fluid ounces of the Miralax every 10 minutes until the entire 2 quarts is consumed.

If you become nauseated or seem full, do not stop ingestion of the Miralax Prep. Wait until the symptoms subside, then resume the process but drink 8 fluid ounces every 15 – 20 minutes (instead of every 10 minutes).

5. After midnight do not eat or drink anything – you may use a minimum of water to take necessary medications.

Clear liquids permitted are listed below:

Water	Gatorade, Kool-Aid, lemonade, limeade
Coffee – regular or decaffeinated (no milk or cream)	Hawaiian or Delaware Punch
Tea – iced, hot, or herbal	Broth – chicken or clear fat-free beef
Carbonated beverages (soft drinks) – regular or diet	Bouillon or clear consommé
Gelatin dessert – plain or fruit flavor (no red or green)	Snow cones or Popsicles
Apple, grape, or cranberry juice	Hard candies, sugar and salt

No ice cream or orange juice with pulp.

Special Instructions

Check with my medical assistant concerning the medicines you take daily. **Stop all aspirin, aspirin-containing medications, nonsteroidal anti-inflammatory drugs, and Ibuprofen medications seven (7) days prior to your procedure.** If you are on Coumadin (Warfarin), Plavix or other blood thinners you will be given special instructions by the doctor. Tylenol and Tylenol-containing pain medications are fine.

All patients must have an adult available to accompany or drive them home. Patients cannot use a public conveyance (taxi or bus) without an adult to accompany them. We ask that you have a family member or friend present at the conclusion of the procedure, so the doctor can discuss the results with them. You will stay in the Recovery Area after your colonoscopy is completed, until you are safely capable of leaving. Bring a book!

OUR OFFICE HOURS ARE M-F FROM 9-5PM. IF AN EMERGENCY DOES ARISE AND OUR OFFICE IS CLOSED PLEASE CALL THE OFFICE AND THE RECORDING WILL INSTRUCT ON HOW TO REACH THE DOCTOR.

Contact your physician if you experience abdominal pain, fever, rectal bleeding, persistent vomiting, or other problems during or following the colonoscopy preparation.

If you have had blood drawn, X-rays or EKG performed recently, please advise the office, as this may prevent redundant lab tests.

No jewelry should be worn, wear comfortable clothes, and bring your insurance cards.

If you have any difficulty with your blood clotting, please notify the office (i.e. do you bruise easily? do your cuts bleed longer than other people's cuts? etc.).

Home Care Instructions After Your Colonoscopy

Activity Level: All patients must have an adult to accompany them home. You may feel sleepy for several hours. Your planned activities following your hospital departure should be limited accordingly. Absolutely do not drive a car or operate machinery on the day of your colonoscopy. Resume normal activities on the day following your colonoscopy.

Diet: After your colonoscopy is over you may eat that day, but do not eat any extra spicy foods, or foods that are hard to digest (i.e. corn). A regular diet may be eaten the following day if polyps were not removed or biopsies taken. If polyps were removed (or biopsies taken) continue a no spicy food diet for seven (7) days. Do not take aspirin, aspirin-containing medications or Ibuprofen for at least two (2) weeks. Do not resume blood thinners until you have discussed it with your doctor.

Bowel Movements: Your normal regularity may not return for 2-3 days following your colonoscopy. Small amounts of bright red blood, especially on toilet tissue, is not an unusual occurrence.

Report to your physician any episodes of:

1. Bright red bloody bowel movements;
2. Any persistent severe abdominal pain;
3. Temperature elevation greater than 100.5 degrees;
4. Persistent nausea and/or vomiting.

Return appointments and biopsy reports: If polyps are removed during your colonoscopy, we will call within the next 48 – 72 hours with your final report status after the pathologist has reported their findings. If you have not heard from us in a week, please call the office. However, it is very rare that the initial impression given to you at the time of your procedure differs from the final report. We will also inform you of any other laboratory or X-ray results, which are available at that time, and we will discuss the need for any additional or follow-up appointments.

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