

Santa Maria Gastroenterology Medical Group

(805) 922-6581

MIRALAX COLONOSCOPY INSTRUCTIONS:

Arrangements have been made for you to have an Endoscopic examination of your colon at:

SANTA MARIA DIGESTIVE DIAGNOSTIC CENTER
1315 S MILLER ST, SUITE 101
SANTA MARIA, CA 93454 805-349-2945

Your Colonoscopy is scheduled for: _____ Arrival Time: _____

Remember to bring you insurance cards and photo ID with you. Deductibles and/or Co-Pays will be required from you at the time of check in. You will be at the surgery center for approximately **1 ½ to 2 ½ Hours.**

Before your Exam:

- 1) Purchase 1 bottle of Miralax 238g /8.3 oz. (ok to buy larger size bottle).
- 2) Read all instructions 10 days prior to procedure
- 3) Please continue to take all blood pressure, heart and seizure medications.
- 4) No Seeds or nuts 5 days prior to the procedure
- 5) Discontinue blood thinning medication 5 days prior to your exam unless otherwise instructed by your physician or cardiologist. You may continue to take Aspirin.
- 6) Arrange for a responsible person (over18) to drive you and take responsibility for you at discharge. If you do not have someone to drive you home your procedure will be cancelled

Day Before your Procedure: _____ (date)

Follow a clear liquid diet **ALL DAY.**

- At 12:00 noon take the 4 Bisacodyl tablets.
- At 6:00 pm measure and mix 238g /8.3 oz of Miralax powder with 2 quarts (64 oz) of clear liquid of your choice. Drink half of this solution (32 oz) – this is the first dose. Please drink it at 8 oz every 15 minutes until finished. Continue clear liquids for the rest of the evening.

Day of Procedure: _____ (date)

- At _____ begin drinking second (remaining) half of Miralax solution, also at 8 oz every 15 minutes. It is important to complete the entire solution.
- **Two Hours before your procedure STOP All clear liquids and have NOTHING else by mouth. This includes NO LIQUIDS, NO FOOD, NO GUM, NO CANDY.** Your procedure may be delayed or rescheduled if you drink anything two hours before your procedure.

After your Procedure:

The sedative effects of the anesthesia administered to you are temporary, **but** may impair your judgment or reflexes for as long as 16 hours afterward. You should not drive, operate machinery, or sign any legal documents for the remainder of the day.

CLEAR LIQUID DIET

This diet provides fluid that leaves little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended ONLY if clear liquids are temporarily needed. NO Red or Purple liquids should be consumed!

SAMPLE MENU

BREAKFAST

4 OZ WHITE GRAPE JUICE

6 OZ CLEAR BROTH

JELL-O*

TEA/COFFEE

*PLAIN ONLY NO FRUIT OR TOPPINGS

LUNCH

4 OZ APPLE JUICE

6 OZ CLEAR BROTH

JELL-O*

TEA/COFFEE

DINNER

4 OZ LEMONADE

6 OZ CLEAR BROTH

JELL-O*

TEA/COFFEE

FOODS AND LIQUIDS ALLOWED

TEA (DECAFFEINATED OR REGULAR)

BLACK COFFEE (DECAFFEINATED OR REGULAR)

CARBONATED DRINKS (COKE, PEPSI, DR. PEPPER, 7-UP, SPRITE, ETC.)

CLEAR FRUIT FLAVORED DRINKS

ALL STRAINED FRUIT JUICES, (i.e. APPLE, WHITE GRAPE, & LEMONADE)

CLEAR BROTH OR CONSOMME

CLEAR FLAVORED GELATIN (JELL-O)(ORANGE, LEMON, LIME)

POPSICLES (LEMON OR LIME)

HARD CANDY (LEMON DROPS, BUTTERSCOTCH, NO DARK COLORS)

SUGAR, HONEY, SYRUP & SALT

FOODS AND LIQUIDS NOT ALLOWED

MILK & MILK PRODUCTS

ALL SOLID FOODS

ALL UNSTRAINED FRUIT JUICE (i.e. ORANGE JUICE WITH PULP)

ALL RED OR PURPLE LIQUIDS

ALL RED OR PURPLE GELATIN

ALCOHOL

Santa Maria Digestive Diagnostic Center
1315 South Miller, Suite 101
Santa Maria, CA 93454
(805) 349-2945

Additional Tips and Information to prepare you for your procedure:

- Ask your physician whether you should take your medications before your procedure. Please notify us if you are using blood thinning medications, such as **Coumadin, Warfarin or Plavix**. The physician will instruct you on when and if you should stop those medications prior to your procedure.
- **You must make arrangements to have someone drive you home on the day of your procedure.** Your driver can be called when you are ready to be picked up. Your driver must be 18 or older.
- No Seeds or Nuts for 5 days prior to the procedure (Examples: Corn, Tomatoes, Strawberries, Sesame Seeds, Almonds, Peanuts, Walnuts, Popcorn, Etc.) Date: _____
- During your preparation, you may use Desitin, A & D ointment, Vaseline, or other skin protecting ointments prior to each bowel movement. This may help prevent irritation.
- Chapstick is also a good idea, as your lips may feel dry as well.
- The day of the procedure, wear loose fitting clothing. You may wear socks to keep your feet warm. You may shower or bathe at home the morning of your procedure
- **Bring your insurance cards with you to the surgery center for verification as well as your copayment. Copay must be collected prior to rendering any services.** Please notify us immediately if there are any changes in your insurance or you receive a new/revised card.
- Leave all your valuables at home.
- If you wear glasses, bring a case or something to store your glasses in during your procedure.
- Be sure to notify us if you are having a problem with your preparation. If you need to reach someone after hours for an emergency, call (805) 922-6581. Also, please call the number above if you are ill or running a fever.
- **You should not plan to go on a long trip for 2 weeks after your colonoscopy in the event that polyp removal was required.**

Insurance and Billing:

You may receive a separate bill from your physician, the Santa Maria Digestive Diagnostic Center and possibly from a pathologist, if a biopsy is taken or a polyp is removed. You should contact your insurance company regarding your coverage, deductible and copay responsibilities for your procedure. When contacting your insurance company, inquire about both your professional (physician) responsibility and your facility (place of service) responsibility, because you may have a different copay, deductible and/or coinsurance with both providers of care. Specifically you will be having an outpatient surgery at an Ambulatory Surgery Center (ASC). Lastly, please notify the receptionist if your referring doctor has referred you for a screening colonoscopy.

Your physician's office will contact your insurance company to obtain authorization and/or pre-certification for your procedure to be performed in the Santa Maria Digestive Diagnostic Center. This authorization does not guarantee payment, eligibility, or coverage. *Your insurance company will be billed; however, you are responsible for any balance not paid by your insurance plan.* Please call your insurance company if you should have any questions regarding your coverage.

Your Doctor may ask you to hold the following medications for a designated time, either before or after your procedure. If a polypectomy is performed, and you take any of these listed medications, you may have a risk of bleeding from polypectomy site, following your procedure. Please read the following list of medications and if you have any questions ask your Doctor that performed the procedure or you can ask your primary care physician. Thank You.

Anticoagulants

Adaparin
Normiflo
Coumadin/Warfarin
Sodium Heparin/Enoxaparin
Tinazaparin

Lepirudin
Aredarin
Plavix
Danaparinoid
Levonox

Aggrenox
Persantine(Diapyridamole)
Dalleaprin
Dalleaprin
Fragmins

Aspirin/Anticoagulants

(Blood Thinners)

Aspirin

Alka Selzer Cold Medicine
Anacin
Apo Asacan
Ascriptin
Asper Low
Bayer ASA
B C Powder
Bufferin
Buffered ASA
Damason

Easprin
Etodolac
Empirin (w/Codeine)
Enatropen
Excedrin Migraine
Equaesic
Fiorinal (w/Codeine)
Geneprin
Micrainin
Norgesic(Norgesic Forte)

Norwich
Pereodan
Robaxisal (Methocarbamol w/ASA)
Roxiprin(Oxycodone w/Aspirin)
Soma Compound(Carisoprodol w/ASA)
Synalogs D C

Herbs & Vitamins

Vitamin E (greater than 400u a day)

Ginko Biloba

Non-Steroidal Anti-Inflammatory Drugs- NSAIDS

(Generic Names)

Advil
Aleve
Arthrotec(Diclofenac 200, Declofenac)
Atron
Bextra
Cataflam
Celebrex
Clinoril
Disalcid
Dolbid (Difumesal)
Ecotrin
Feldene (Peroxycam)
Froben (Novoflurbiprofen, Fenoprofen)
Genipri
Haltran
Indocin (Indomethacin, Indocid, Indotec, Novomithacin)
Ketoprofen (Orudis, Oruvail)
Lodine (Etodolac, Vicoprofin, Hydrocodone w/buprofen)
Lotuvail

Menadol
Midol
Mobic (Mexicam)
Motrin (Ibuprofen, Apo Ibuprofen, AHI Ibuprofen, Actiprofen, Ibuprin, IBU, Ibuprohm)
Nabumetone (Relafen)
Nalfon
Naprosyn (Apo Naproxin, Naprelan, Napren, Naxen, Novo Naprox, Anaprox, Apo Napro Synaflex)
Nuprin
Orafen
Saleto
Sulindac (Apo Sulin, Clinoril, Novo, Sundac)
Talwin Compound (*plain Talwin is OKAY*)
Tolectin (Tolometin, Novo Tolmeline)
Turodol
Trilsate
Voltaren