

Colonoscopy
Miralax Prep – 1 Day

Location: North Park Endoscopy Center, 910 E Houston Street, Suite 470., Tyler, Texas 75702 (Free parking in North Park garage).

OR

Location: Tyler Medical Park, 1720 South Beckham Ave, Suite 103, Tyler, Texas 75701

Please note that your arrival time is 1 hour prior to your procedure time. This allows for you to get registered, health history, IV and to speak with anesthesia physician and physician performing the procedure. Please make sure you bring a picture ID and your insurance card with you to your appointment.

ATTENTION: You will be contacted 1 week prior to your procedure to confirm your date, time and receipt of instructions. It is extremely important that you confirm your procedure. If we do not receive confirmation by 12:00 pm 3 business days prior to your procedure, your procedure will be cancelled. If you need to reschedule or have any questions please contact our Tyler Procedure Schedulers at (903) 606-7475.

5 days before procedure:

- If you are on any of the medications below, please call the prescribing physician **IMMEDIATELY to find out how many days you will need to stop this medication.** Your procedure may need to be rescheduled **IF** you cannot stop or substitute any of the below medications.

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| 1. Aggrenox (dipyridamole) | 6. Heparin |
| 2. Brilinta (ticagrelor) | 7. Plavix (clopidogrel) |
| 3. Coumadin (Warfin) | 8. Pradaxa (dabigatran etexilate mesylate) |
| 4. Effient (prasugrel) | 9. Ticlid (ticlopidine hcl) |
| 5. Eliquis (apixaban) | 10. Xarelto (rivaroxaban) |

If you are diabetic and take insulin and/or oral medications contact your prescribing physician for clear liquid diet and medication instructions.

- Pick up **Miralax (238 gram)** solution, **Four (4) Dulcolax tablets and Two (2) Simethicone 180mg tablets** from your pharmacy or grocery store. These may be purchased over the counter (without a prescription). Purchase **Two (2)** 32 ounce bottles of Gatorade, any flavor except red or purple.

3 days before procedure:

- Begin avoiding fruits and vegetables with seeds and high fiber content such as cucumbers, tomatoes, popcorn, melons, corn or anything with a thick peel. Such seeds and residue will clog the suction apparatus of the endoscope and interfere with the examination.
- Discontinue fiber supplements, iron and herbal products

The day before the procedure:

- You may have a clear liquid diet all day
Clear liquids include:
 - Juice (no red or purple no pulp)
 - Clear broth
 - Jello (no red or purple)
 - Soda
 - Coffee or tea (no milk or cream)
 - Gatorade/Sports Drinks (no red or purple)
 - Ginger Ale
 - Popsicles (no red or purple)
- Drink at least 64 ounces of clear liquids, preferably Gatorade, throughout the day
- Mix half of the Miralax bottle in each 32 ounce Gatorade bottle until dissolved. Shake well. You may want to chill this but it should not be consumed cold, directly from the refrigerator.
- At 4 PM take the four **(4) Dulcolax tablets** with water and continue clear liquids.
- Between 5pm and 7pm begin drinking the Gatorade/Miralax solution at a rate of 8 ounces every 15 to 30 minutes (over 1 to 2 hours) until the first bottle is gone.
- Drink SIXTEEN (16) ounces of the clear liquid of your choice after you finish the prep. Gatorade is preferred. You may use Tuck's pads, Vaseline or hemorrhoid medications for comfort around the anus as needed. For hemorrhoids, any over the counter preparation is allowed.
- Take **One (1) Phazyme (Simethicone 180mg tablet PO)** at night **after completion of 1st half of the bowel prep.**
- **NOTE: You must take all of the Miralax as directed in order to achieve an adequate prep. It is common to have some overall discomfort, abdominal distention, abdominal pain, nausea, vomiting and headache. This usually passes when bowel movements begin (typically 60-90 minutes). If you experience persistent nausea and vomiting, stop drinking for 30-60 minutes, then resume.**

The day of the procedure:

- FIVE (5) hours before your scheduled procedure time, drink the second bottle of the Gatorade/Miralax solution at a rate of 8 ounces every 15 to 30 minutes until the second bottle is gone.
- Drink SIXTEEN (16) ounces of the clear liquid of your choice after you finish the prep. Gatorade is preferred.
- Take **One (1) Phazyme (Simethicone 180mg tablet PO)** in the morning **after completion of the 2nd half of the bowel prep and 3 hours before the procedure.**
- You may have clear liquids until **THREE (3) hours** prior to **procedure time**.
- If you are on heart, blood pressure or seizure medications you **MUST** take this medication before you arrive with small sip water.
- Arrive **1 hour** before your scheduled appointment time.
- You will be sedated for this procedure so you **MUST** bring a responsible driver that will remain with you while you are having the procedure. You will **NOT** be allowed to take a taxicab home or medical transportation without a responsible adult riding with you. **YOU MAY NOT DRIVE UNTIL NEXT DAY.**

- Leave all personal belongings at home (jewelry etc). We do not take responsibility for lost valuables (jewelry, teeth, hearing aids, cell phones, etc). We will ask that your driver keep all valuables with them while you are having your procedure.
- All female patients that have not had a hysterectomy, currently on birth control or have had a menstrual cycle within the past 2 years **must have** a urine pregnancy test upon arrival.
- No gum or tobacco products the day of procedure.

DISCLAIMER: IMPORTANT INSURANCE INFORMATION

If you have been scheduled for a routine/screening colonoscopy, please pay close attention to this information. For questions regarding any of the following, please contact financial counselor in **Tyler: Contact Beverly Davis 903-606-4573** **beverly.davis@christushealth.org**. Please allow 24-48 hours for a reply.

The purpose of this screening is to look for cancer or pre-cancerous conditions. This may cause a change in your benefits should we find something. We have staff that can help guide you through this process and offer options to assist in any financial concern you may have. If you have any questions on what you may be financially responsible for this procedure you may contact the financial counselor listed above.

If you are a returning client to CHRISTUS Trinity Mother Frances Hospitals and Clinics and have any outstanding financial balances from previous visits, these may need to be collected prior to any elective procedures. If you would like consolidate all of your accounts into one simple monthly payment plan, please contact one of our financial counselors listed above.

If you do not need to consolidate but would like a monthly payment plan you can expect to pay at least 20% of your estimated financial responsibility (deductible and/or co-insurance) prior to the procedure. To find out that amount please call our patient financial support services team at the number listed above.