

BRONSON GASTROENTEROLOGY PORTAGE
3304 Cooley Ct
Portage MI 49024-7430
Dept: 269-349-2266
Dept Fax: 269-349-0792

COLONOSCOPY PREPARATION (MIRALAX®)

Dear _____:

Your colonoscopy is scheduled on _____ with Dr. _____.

Please arrive at: _____. If you have any questions or must cancel, please call our office at Dept: 269-349-2266 (press option 0) during the hours of 8:00am to 5:00pm.

ATTENTION: IF YOU ARE ON BLOOD-THINNING MEDICATION SUCH AS COUMADIN, WARFARIN, PAVIX, PLETAL, AND AGGRENOLX, PLEASE CONTACT OUR OFFICE.

YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT UPON CHECK-IN.

About the Colonoscopy:

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan on being at the facility for 1-3 hours. **It is critical that you follow these written prep instructions as directed and not the instructions on the prep box.**

The physician will discuss your procedure and results with you when you are in the recovery room. Every effort will be made to keep your appointment at the scheduled time, however with outpatient or ambulatory procedures, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

PLEASE NOTE: If during the process of a screening colonoscopy, there is a finding, your insurance benefits may change from "screening" to "medical" and be subject to deductible and coinsurance.

Special Billing Notification:

Please take note: When an outpatient procedure is performed at a facility you will receive separate billings from the facility AND the physician. Also, if pathology is done you will receive billings from Bronson or Borgess for handling the specimen AND from the pathologist for processing & reading.

What to bring:

1. The completed enclosed forms (if you did not mail them back ahead of time).
2. Please bring a list of all present medications and drug allergies.
3. The first and last name of **all** doctors you want to receive a copy of your procedure report.
4. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person responsible for you is asked to stay in the waiting room the entire time of your stay. If they cannot, the driver must come into the center and receive pick up times from the registration clerk. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
5. A copy of relevant medical records from your referring physician.
6. **Your photo ID & insurance cards.** If your insurance has changed since your appointment was scheduled, please contact us immediately. Many insurance carriers (not Medicare) and managed

care organizations require preauthorization for precertification. To obtain coverage for these procedures, we recommend you contact your insurance company. The phone number is usually on the back of your insurance card.

What to wear:

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

It is critical that you closely follow only these printed instructions.

Five (5) Days Prior to Procedure:

- **Obtain one 238 gram bottle of Miralax[®] bowel prep from your pharmacy. Miralax[®] is available over the counter. You will also need to purchase 2 Bisacodyl or Dulcolax laxative tablets and two 32oz bottles of lemon-lime Gatorade. You may use a sugar free version of Gatorade or Powerade if you are diabetic.**
- Stop eating nuts, seeds, popcorn, and corn.
- Stop iron supplements, herbals, and vitamins.
- Stop anti-inflammatory drugs such as Motrin, Advil, Excedrin, Aleve, Naproxen, Ibuprofen, Indocin, etc. *Note: Tylenol and other drugs containing acetaminophen are safe to use prior to your procedure, but **not** within the 4 hours before leaving for your procedure.
- **If you are on blood-thinning** medications such as Coumadin, Warfarin, Plavix, Pletal, and Aggrenox, please contact our office.

One (1) Day Prior to Procedure - Start on a clear liquid diet (listed below):

- You may consume **clear liquids only**. No solid food. No alcohol or dairy products. **Do not consume anything red or purple in color.** Drink at least 64 ounces of clear liquids (in addition to your prep).
- Beverages - Tea, coffee (no cream), white cranberry or white grape juice, apple juice, 7-Up, lemonade, orange drink, ginger ale, and sports drinks.
- Broths - Clear broth, bouillon, or consommé.
- Desserts - Popsicles, Italian Ice, Jell-O. (nothing red or purple in color)

*If you are diabetic and on insulin, reduce the AM dose by ½ the morning of the procedure. If you take oral diabetic medication, take ½ the night before the procedure and none the morning of the procedure.

How to Prep for your Colonoscopy:

1. **2 days before your colonoscopy - at 9:00 PM**, take the 2 Bisacodyl or Dulcolax laxative tablets.
2. **The day before your colonoscopy - in the morning**, mix ½ of the Miralax^o bottle (7 caps filled to the line) in each of the bottles of Gatorade and refrigerate.
3. **The night before your colonoscopy - at 6:00 PM** begin drinking the first bottle of Gatorade-mix and consume over 1 - 2 hours until gone.
4. **The day of your procedure - 5 hours before leaving home** - Consume the ENTIRE second bottle of Gatorade-mix over a 1 hour period until gone. If your procedure is scheduled early in the morning, you'll need to get up in the middle of the night to take this. The correct timing is essential to an effective preparation.
5. **Do NOT have anything to eat or drink after completing step 4 or within the 4 hours prior to leaving for your procedure.**

WILLIAM F HANAVAN, MD