



*seamless innovation for your wellbeing*

call LISA if you have any questions or need to cancel/reschedule: **\_\_EXT. 1002\_\_**

**Appointment:** Time & Date \_\_\_\_\_

\_\_\_ Arizona Outpatient Surgery Center 6245 N 16th Street Phoenix 85016/602-274-1705

\_\_\_ Banner Thunderbird Outpatient Center 5555 W. Thunderbird Rd Glendale 85306/602-865-5513

\_\_\_ Arrowhead Hospital 18701 N 67th Ave Glendale 85308/623-561-1000 (Enter at back of facility where it says "Surgical Services".)

\_\_\_ Beardsley Surgery Center 20325 N 51<sup>st</sup> Ave Suite 102 Glendale, AZ 85308/602-274-1705

### **Miralax and Dulcolax Bowel Prep for Colonoscopy**

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

#### **To prepare**

- Tell your doctor if you take blood thinners. You may need to stop some of your medicine a few days before your test.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.
- One week before your test:
  - \_ Do not take aspirin products or iron tablets.
  - \_ Do not take fiber supplements like Metamucil, Citrucel or Fiberall.
  - \_ Do not eat popcorn or any corn.
- You will need these items from a pharmacy: **NO PRESCRIPTION REQUIRED**
  - \_ Miralax in large bottle (8.3 ounces or 238 grams)
  - \_ 4 Dulcolax or bisacodyl tablets LAXATIVES (5 milligram tablets)There may be store brands of these products that cost less.
- Buy a large 64-ounce bottle of sports drink such as Gatorade. **If you have diabetes**, buy a no or low calorie drink such as Crystal Light instead. This will be used to mix your Miralax the day before your test.
- Arrange to have an adult bring you to your appointment and take you home after your test.

#### **On the day before your test**

1. Drink only clear liquids. Avoid all red or purple colored liquids. Do not eat any solid food or milk products until your test is done.

Clear liquids:

- Water
- Strained fruit juices (no pulp)

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[www.mccolon.com](http://www.mccolon.com)

- Popsicles
- Ice
- Soft drinks
- Gatorade
- Clear broth or bouillon
- Jello
- Kool Aid
- Coffee or tea (no milk or cream)

2. Follow the schedule in the table below for your bowel prep. You may have a bowel movement right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

<b>3:00pm</b>	Take 4 Dulcolax tablets with a drink of clear liquids.
<b>4:00pm</b>	Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
<b>5:00pm</b>	Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.
<b>12:00 midnight</b>	Nothing after midnight. Do not smoke after 12 midnight. Nothing when you wake up.

**The morning of the colonoscopy**

- Do not eat or drink anything until your test is done.
- If you are to take your morning medicines, take with small sips of water only.

Because of the anesthetics that you will be given, **you MUST arrange to be accompanied and driven home by a friend or relative after your colonoscopy. Your driver MUST stay in the center at all times.** You cannot drive or make legal decisions for the remainder of the day.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within 10 days, please feel free to call us.

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor takes a biopsy and/or removes any polyps, your colonoscopy will then be considered a surgical procedure, “DIAGNOSTIC COLONOSCOPY” per some insurances guidelines. This may result in a higher patient out-of-pocket expense, depending on your insurance. Call your insurance if you have any concerns, every insurance’s benefit is different.

**Benefits/Eligibility are verified by Edith at (602) 792-5759 or (602) 253-4271 extension 1009.**