

## Miralax Bowel Prep

Prep Date: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

**Time:** The day before surgery a nurse from Same Day Surgery will call you after **1:00<sub>pm</sub>** to give you your arrival time. If you have not been contacted by 4:00 p.m. you may call 417-533-6081.

**Check in:** Mercy Hospital Lebanon at the Endoscopy Suite (EAST) Entrance.

**EXPECTED TIME FOR THIS PROCEDURE IS AROUND 3 TO 4 HOURS FROM START TO FINISH, SO PLEASE PLAN APPROPRIATELY**

**THIS PREP IS TO BE DONE THE DAY BEFORE YOUR COLONOSCOPY**

A successful colonoscopy requires that the colon be completely free of all stool material. Miralax is a product that, when properly taken by mouth, rapidly cleanses the bowel by causing a watery diarrhea. It is formulated so that fluid is not absorbed into the blood stream.

The day before your procedure you CANNOT have solid food – Clear liquids only for breakfast, lunch, and dinner.

### **Prep Date- Liquid Menu All Day**

#### ***DO NOT DRINK ANYTHING RED OR PURPLE***

- Soft drinks – orange, ginger ale, cola, sprite, 7-up, Gatorade, Kool-Aid
- Strained fruit juices without pulp – apple, white grape, orange, lemonade
- Water, tea, green tea, coffee (no milk or dairy creamer)
- Chicken or beef bouillon/broth
- Hard candy
- Jell-O (no red or purple; no fruit or toppings)
- Popsicles (no sherbet or fruit bars; no ice cream or fudge bars)

### **Prep Preparation and Drinking Instructions:**

**Evening prior to prep you will need to take 2 Dulcolax Tablets before bed.**

Morning – Prepare the entire bottle of the Miralax solution with 64 oz of water (or the fluid of your choice as long as it is on the list above).

10:00 AM – Get the jug out of the refrigerator. Begin drinking 32oz of the prep. Drink at a pace that is comfortable for you. Take a short break if you start getting nauseated.

11:00 AM - Drink 32oz of fluid of your choice (As long as it is on the list above).

1:00 PM - Drink 32 oz of Prep

2:00 PM - Drink 32 oz of fluid of your choice (As long as it is on the list above) .

**You must drink ALL of the solution by 6 pm.** Your last bowel movement should be clear to yellow liquid with no solid material.

If your colon is not clean you may be required to do an **enema the night before and the morning of your procedure**, or the examination may need to be rescheduled and you may have to undergo a second preparation.

***NOTE: YOU MUST BRING SOMEONE OF LEGAL AGE (18 YEARS) WITH YOU TO STAY AT THE HOSPITAL (If you do not have someone to stay your procedure will not be completed), DRIVE YOU HOME, AND STAY WITH YOU FOR APPROXIMATELY 24 HOURS. THIS PERSON(S) WILL BE THE "CONTACT" PERSON FOR THE DOCTOR WHEN YOUR PROCEDURE IS FINISHED. THE HOSPITAL WILL NOT RELEASE YOU TO A TAXI CAB OR THE OATS BUS. IT IS ALSO SUGGESTED THAT YOU NOT DRIVE FOR 24 HOURS AFTER YOUR COLONOSCOPY.***

**Medications: We REQUIRE you to check with your PCP/Cardiologist if you take any of the below medications, regarding instructions about stopping your blood thinner as well as making a follow up appointment for lab work (protime) after surgery.**

**Must Be  
Stopped 7  
Days Prior**  
Aspirin 325mg  
Effient

**Must Be  
Stopped 5  
Days Prior**  
Aggrenox  
Arixtra  
Brilinta  
Coumadin/  
Warfarin  
Eliquis  
Fragmin  
Persantine  
Plavix  
Pletal  
Ticlopidine HCl  
Trental  
Tinzaparin  
Xarelto

**Must Be  
Stopped 2  
Days Prior**  
Pradaxa

Please stop the following medications 5 days prior to surgery:

Advil, Aggrenox, Aleve, Alka-Seltzer, Anacin, Anaprox, Ansaid, Arthritis Strength, Arthrotec, Aspergum, Bexophene, Bextra, Cama, Cataflam, Celebrex, Clinoril, Clopidogrel, Congespirin, Darvon, Daypro, DHC Plus, Diclofenac, Disalcid, Ectorin, Etodolac, Excedrin, Feldene, Fish oil, Garlic vitamins, Ginko Baloba, Ibuprofen, Indocin, Indomethacin, Ketoprofen, Ketorolac, Lodine, Meclofenamate Salsalate, Meloxicam, Mobic, Motrin, Nabumetone, Naprofen, Naprosyn, Naproxen, Norgesic, Nuprin, Ordis, Piroxicam, Relafen, Roxiprin, Soma Compound, Supac, Synalgos-DS, Talwin, Ticlid, Ticlopidine, Tolectin, Tolmetin, Vicoprofen, Vitamin E, Voltaren, 4-way cold tablets.

\*You should **not** take Phentermine/Bontril at least **two weeks** prior to surgery.

***Please take any routine heart, seizure, blood pressure or psychiatric medications the morning of surgery with a small sip of water, just enough to get it down.***

**DO NOT SMOKE OR USE ANY TOBACCO PRODUCTS AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY**

\*Do not shave the surgical site

*\*Please call if you have any cat scratches or tick bites.*

#### **PRE-OPERATIVE INSTRUCTIONS**

##### **DO NOT:**

- **EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**
- WEAR TIGHT CLOTHING SUCH AS GIRDLES OR PANTYHOSE.
- WEAR ANY JEWELRY TO SURGERY.
- WEAR MAKE-UP OR NAIL POLISH TO SURGERY.
- **YOU WILL NOT BE ALLOWED TO DRIVE HOME.** PLEASE MAKE ARRANGEMENTS FOR TRANSPORTATION HOME.
- ARRIVE EARLY FOR SURGERY UNLESS YOU ARE CALLED.
- SHAVE PRIOR TO SURGERY.

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##### **DO:**

- **BRING A COPY OF LIVING WILL OR ADVANCED DIRECTIVE.** (IF YOU HAVE ONE)
- WEAR COTTON SOCKS AND UNDERCLOTHES.
- NOTIFY YOUR DOCTOR IF YOU DEVELOP A COLD, FEVER OR OTHER ILLNESS BEFORE SURGERY.
- SHOWER OR BATHE (ALSO WASH YOUR HAIR) WITH ANTIBACTERIAL SOAP (SUCH AS DIAL) THE DAY BEFORE AND THE MORNING OF SURGERY.
- WEAR CLEAN, LOOSE FITTING CLOTHING AND SHOES THAT ARE EASILY REMOVED.
- BRING A CASE FOR CONTACTS OR GLASSES.
- BRUSH YOUR TEETH AND GARGLE THE MORNING OF SURGERY, **BUT DO NOT SWALLOW ANY WATER.**
- MAKE ARRANGEMENTS FOR SOMEONE TO STAY WITH YOU AFTER SURGERY.

**Surgery Patients:**

Please be aware that having a test or surgery performed by our surgeons may require some sort of financial responsibility on your part. If you have health insurance, we will call them and get your benefits, which include the deductible, coinsurance and out of pocket amounts you will owe. This information is available to you prior to your surgery or test.

If you have any questions or comments prior to your test or surgery, please feel free to call our office between the hours of 8:30am and 4:30pm M-F daily at 417-533-6780.

MERCY CLINIC LEBANON GENERAL SURGERY