
Pen Bay Gastroenterology
4 Glen Cove Drive, Suite 10, Rockport, ME 04856
Ph. 207-301-5970 | Fax 207-301-5310

Colonoscopy Miralax Instructions

Your procedure will be completed in the Endoscopy Unit at Pen Bay Medical Center.

Your procedure time is tentative, based upon daily schedules, emergencies and cancellations. If a time change is known in advance, you will be notified prior to your procedure day. Unexpected delays can occur on your procedure day, due to unexpectedly long procedures or emergencies.

PREP Call

You will receive a call from the PREP Department prior to the date of your endoscopy appointment. This is a pre-procedure assessment that is done over the phone. It is not an appointment that requires you to come to the hospital. We are on an electronic system that connects to "MyChart" and when you get this notification we are not asking you to have an in-person visit. If you are unable to speak with the PREP team on this day, please call them at 301-8815 between 8:15am & 3:00pm Monday-Friday to reschedule your assessment. If you have consented, you will receive a text message with the appointment date and time of your prep call.

Cancellation Policy

It is required to notify us as soon as possible if you need to cancel/reschedule your procedure. Please call Pen Bay Gastroenterology at **207- 301-5973**.

Prior to your scheduled GI procedure, if you experience new heart or breathing problems, or an increase in chronic symptoms, please notify your primary care for treatment. If you are scheduled for cardiac or pulmonary testing, this must be completed prior to your GI procedure. It is important that you are in your best condition possible for your endoscopic procedure.

5 DAYS BEFORE PROCEDURE

- **Purchase the Miralax, this is available without a prescription. It is a powder that comes in an 8.3 ounce bottle (238 grams). DO NOT MIX YOUR SOLUTION UNTIL THE DAY BEFORE YOUR PROCEDURE.**
- **Purchase Dulcolax tablets over the counter. You will need 4 tablets in all to complete your bowel cleanse.**

- You should follow a low residue diet; **AVOID** nuts, seeds, salads, fruits, berries, vegetables; (corn, cucumber, tomatoes, and lentils). Visit the Mayo Clinic website listed down below for examples of what a low residue diet consists of.
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/low-fiber-diet/art-20048511>

Arrange a driver for the day of your procedure

- A responsible adult (family member or friend) **must** come with you to your colonoscopy and **remain** available by phone. If the driver does leave the hospital campus they should remain within 15 minutes of the hospital. You are **not allowed** to drive, take a taxi or bus, or leave the Endoscopy Center **alone**. **If you do not have a responsible adult (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

If taking blood thinning medications or insulin, know the plan for managing these medications.

- The Gastroenterology office will work with your prescribing provider to determine how long to hold blood thinning medication. (**Warfarin, Plavix, Xarelto, Eliquis, etc**).
- The PREP department will discuss your medication management and/or insulin or other diabetic medications.

DAY BEFORE PROCEDURE

- On the day before the exam, you may eat one light meal before 10:00 A.M. This may consist of; eggs, cottage cheese, plain yogurt, skinless chicken/turkey/fish, and white bread or toast without butter.
- **At 10:00 A.M. you will need to obey a strict clear liquid diet.**
Clear liquids are ones you can see through and do not contain red or purple dyes. Please see examples listed below:
 - Clear beef or chicken broth
 - Apple, white grape and cranberry juice. (**please avoid any juice with pulp**)
 - Tea or coffee **without milk, cream or other creamers**
 - Soft drinks, Gatorade, Popsicles
 - Plain Jell-O with no added toppings. Please do not consume more than two cups.
- Mix the entire 8.3 ounce bottle of Miralax with a 1/2 gallon (64 ounces) of clear liquid.
- At 12:00pm the afternoon before the exam; take 2 Dulcolax tablets and continue clear liquids.
- At 4:00pm the evening before your exam; take the other 2 Dulcolax tablets.
- At 6:00pm the evening before the exam; drink half of the Miralax solution (32 ounces) one 8 ounce glass every 15 minutes until the entire 32 ounces is consumed. In addition to the

laxative, drink clear liquids to help flush the colon and avoid dehydration. Refrigerate the remaining 32 ounces for completion the next morning.

If you develop nausea and/or vomiting, please stop drinking the prep for 45-60 minutes. You may then resume with smaller and less frequent amounts. Please attempt to drink all of the prep, even if it takes you longer. It may take up to two hours before you have your first bowel movement, please do not become alarmed by this.

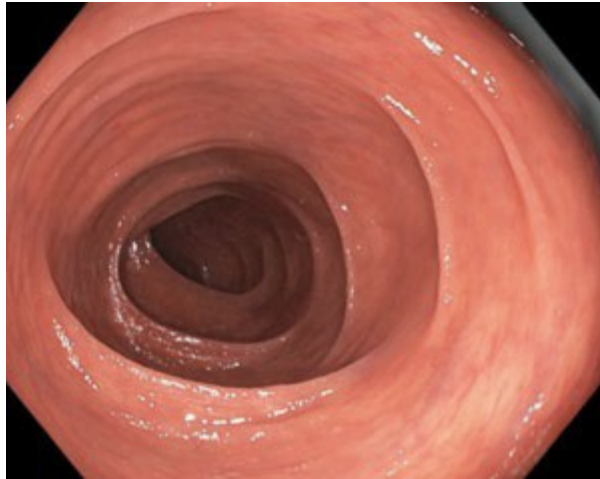
MORNING OF PROCEDURE: On the day of your exam, 5 hours before procedure drink the remaining 32 ounces of the Miralax solution.

DO NOT EAT OR DRINK ANYTHING BEGINNING 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME

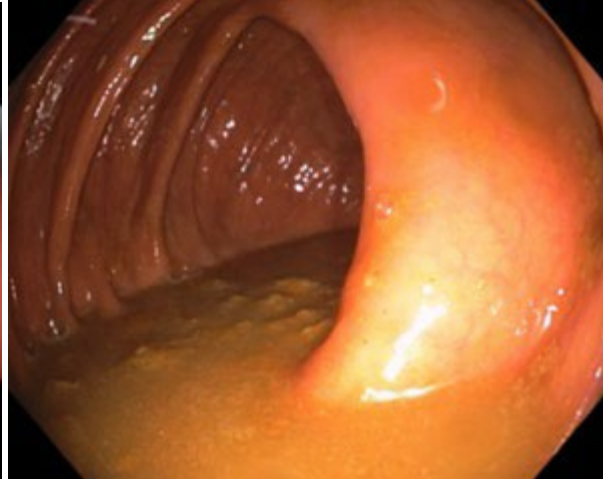
Your stools should be clear and yellow, the chart listed below will help you determine if you are properly prepped for your procedure.



Without a proper prep, your bowel may not be empty and clean. This may lead to an incomplete colonoscopy or unseen polyps.



GOOD COLONOSCOPY PREP



POOR COLONOSCOPY PREP

Arrival at the Hospital:

- Enter the main entrance of the hospital and check in at the registration desk. Hospital staff will direct you to Day Surgery. Your driver should wait in their vehicle or remains 15 minutes from the hospital. They will be called by our staff when you are recovered and ready to be discharged. After the exam, expect to spend the remainder of the day at home resting. **You may not drive until the following day.**

Please do not hesitate to call 301-5973 if you have any questions or concerns.