

Miralax (Colonoscopy) - Patient Prep Instructions

- **If your bowel is not clean when you arrive, your procedure will need to be rescheduled.**
- We appreciate 2 weeks' notice if you need cancel or reschedule, please call (603) 629- 8299.
- Please call us if you have changes in your medical condition since your procedure was scheduled such as heart testing, hospitalizations/ER visits, or other medical procedures.
- We require a responsible adult to provide transportation for your procedure, your ride cannot be a taxi driver or ride share driver.

14 – 21 Days before your procedure

It is important that you continue your medications as prescribed by your doctor.

However, there are certain medications that need to be stopped or adjusted before your procedure.

Blood thinners: Please contact your prescribing provider for hold instructions if you take the following.

- | | | |
|------------------------|---------------------------------|-------------------------|
| ○ Plavix (Clopidogrel) | ○ Xarelto (Rivaroxaban) | ○ Brilinta (Ticagrelor) |
| ○ Eliquis (Apixaban) | ○ Pradaxa (Dabigatran) | ○ Effient (Prasugrel) |
| ○ Savaysa (Edoxaban) | ○ Coumadin/ Jantoven (Warfarin) | |

Diabetes & Weight loss:

Insulin: Call your diabetic educator or prescribing provider for instructions on dosing of insulin.

- It is important to monitor your blood sugar while doing your bowel preparation.

GLP1 Injections: Stop the glucagon peptide 1 receptor agonist (GLP1) 14 days before your procedure. If you are scheduled at Elliot hospital and the injection is used for weight loss only hold for 21-days before your procedure.

- | | | | |
|-------------|-------------|--------------|-------------|
| ○ Adlyxin® | ○ Ozempic® | ○ Tanzeum® | ○ Xultophy® |
| ○ Bydureon® | ○ Rybelsus® | ○ Trulicity® | ○ Zepbound |
| ○ Byetta® | ○ Saxenda® | ○ Victoza® | |

7 Days before your procedure

Purchase the following from your local pharmacy

- (1) 238g bottle of Miralax
- (1) 119g bottle of Miralax
- (1) box of Dulcolax tablets - 5mg each
- (1) box of anti-gas tablets ex. Gas-ex or Simethicone

Stop taking the following medications until after your procedure:

- Phentermine (Adipex/Lomaira)
- Fish oil supplements
- Any vitamin supplements that contain vitamin E and/or iron
- NSAIDs (Ibuprofen, Motrin, Aleve, Naprosyn, Lodine, Indocin, Arthrotec, Voltaren, and any pain medications that contain NSAIDs) ****You may continue taking Tylenol and Aspirin****

3 Days before your procedure

Hold diabetes meds Farxiga, Jardiance and Invokana

2 Days before your procedure

Hold Erectile dysfunction medications

AVOID Any food & drink products containing the following: nuts, seeds (ex: strawberry, grapes, cucumbers), fruits and veggies with peels (apples- it is okay to eat if peeled), popcorn.

1 Day before your procedure

Breakfast needs to be completed **before 9am** (select one option only from list below)

Option A. - 2 eggs(any style), 2 slices white bread with butter or jelly, Coffee with cream/milk

Option B. - 2 eggs(any style), 1 plain bagel with butter, jelly, or cream cheese, Coffee with cream/milk

Option C. - 1 cup of yogurt and 1 banana, Coffee with cream/milk

No solid foods after 9:00am Drink at least 2 quarts of clear liquids throughout the day

Allowed - Clear Liquids		Avoid
· Water / flavored water	· Clear broth or bouillon	· red, blue and purple colors or dyes
· Gatorade / PowerAde	· Jell-O	· juices containing pulp
· Clear juices	· Popsicles / Italian Ice	· carbonated liquids
· Coffee/ Tea without milk/cream		

At 4:00 pm:

- Take 4 Dulcolax tablets
- Mix entire 238gm bottle of Miralax into a 64 oz. container of clear liquid
- Drink this over a 3-hour period

At 9:00 pm:

- Take 2 Gas-Ex (Simethicone) gel caps or chewable tabs followed by 8 oz. of clear liquid

At 10:00 pm:

- Take 2 Gas-Ex (Simethicone) gel caps or chewable tabs followed by 8 oz. of clear liquid

Procedure Day

Take your regular medications with a sip of water in the morning 2 hours before arrival except, for medications you were told to stop for the procedure.

DO NOT TAKE:

- **oral diabetic medications:** follow the instructions from your prescribing provider.
- **diuretic medications (water pills)**
- **blood pressure ace-inhibitors:** *Benazepril (Lotensin), Captopril, Enalapril (Vasotec), Fosinopril, Lisinopril (Zestril), Moexipril, Perindopril, Quinapril, Ramipril (Altace), Trandolapril*
- **any mind-altering substances:** (such as marijuana) or drink alcohol (most importantly before their procedure). Our providers will not be able to legally consent someone who is under the influence.

At 3:00 am:

- Mix entire 119gm bottle of Miralax into a 32 oz. container of clear non-carbonated liquid
- Drink 8 oz of prep solution every 15 - 20 minutes until it is gone.
- Prep should be complete by 5:00am
- **Stop clear liquids 2 hours before your arrival time**

BRING with you: Inhalers, Insurance card and License/ID card, glasses (DO NOT wear your contact lenses), complete list of all medications you are currently taking.

LEAVE at home: all valuables at home (jewelry, money, other sentimental accessories)

How to Know Your Prep is Working



Ride Information

- Your ride must stay onsite for the duration of your procedure.
- You cannot use a taxi, Uber, bus, or any public transportation unless you are with a responsible adult.
- The responsible adult can be a family member, friend, or someone you know.
- You CANNOT drive the remainder of the day after your procedure due to the potential side effects of the sedative given.
- Plan to return to work the following day. Please allow 1 - 3 hours at the facility

Scheduling Information

- Scheduling conflicts sometimes occur.
- We reserve the right to change the time of your appointment and will try to give you at least 24 hours' notice if possible.
- If you are unable to keep your appointment, please notify us in advance by calling (603)629-8299

Insurance Billing

- Your procedure will be submitted to your insurance carrier.
- All claims are billed out separately by department. Dartmouth Hitchcock is considered an outpatient surgery center.
- DH Billing phone number: (844) 808-0730

If your procedure is at Elliot Hospital:

- Anesthesia services are contracted through Amoskeag Anesthesia, PLLC. You will be billed separately for Anesthesia Services provided during your procedure. Questions regarding these charges should be directed to Amoskeag Anesthesia, PLLC at (800) 242-1131

Commonly used billing codes(ICD-10 & CPT)

Colonoscopy (CPT 45378)
 Anesthesia for Colonoscopy Screening (CPT 00812)
 Anesthesia for Colonoscopy and Upper Endoscopy combined (CPT 00813)
 Anesthesia (CPT 00811) for surveillance colonoscopy
 ICD-10 codes - Encounter for screening for malignant neoplasm of colon (Z12.11)

Financial Assistance

- Arrangements for payment can be made by contacting the provider of service individually at the number listed: **Dartmouth Hitchcock- (603)577-4055**

- Endoscopic exams are safe but there exists a small potential for major complications that can require a hospitalization.
- These complications usually will occur within 14 days after the procedure.
- It is advisable not to schedule the exam if you are travelling to an area without access to medical care or if there are important events scheduled that you cannot miss 2 weeks after the procedure.

Patient rights and responsibilities, patient complaint/ grievance:

<https://www.dartmouth-hitchcock.org/asc/asc-patient-bill-rights>