



# Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

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## Colonoscopy Instructions: Miralax (Polyethylene glycol)

\*Please read through ALL the enclosed information carefully.

Patient Name: \_\_\_\_\_

Date/Time: \_\_\_\_\_ am/pm                      Arrival Time: \_\_\_\_\_ am/pm

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

(A hospital representative may contact you: to pre-register, review your history, or review arrival time.)

Place: Bellin Hospital                      Bellin Digestive Services  
         St. Vincent Hospital                Aurora BayCare Medical Center  
         St. Mary's Hospital                 Other: \_\_\_\_\_

- **\*Insurance:** Please contact your insurance company as soon as possible to verify coverage for this service and if any notification is required of you. As a courtesy we will bill your insurance, any balance not covered by your insurance will be your responsibility.

### Medication Instructions:

- You may not take any of your medications the day of the procedure, unless directed by the hospital staff.
- You must stop taking: \_\_\_\_\_ on the following day \_\_\_\_\_. Please contact your prescribing doctor regarding stopping this medication.
- If you are a diabetic: On \_\_\_\_\_ only take half the dose of your diabetic medications. Do not take any of your medications on \_\_\_\_\_ until after the procedure and you have eaten.

### Diet Instructions:

- Eat a healthy diet, consisting of high protein and low fat foods. Avoid over eating and constipating foods. Increase your water intake to 64 ounces a day.
- No alcohol the day before and day of the procedure.
- On the morning of \_\_\_\_\_ begin a clear liquid diet from the moment you wake up. Drink an 8 oz. glass of clear liquids every hour throughout the day.
- Nothing to eat or drink after 12 midnight the night before the procedure, unless directed by the hospital staff.

(over)

**Clear liquid diet:**

- Broth or bouillon
  - Jell-O (NO RED)
  - Soda (NO RED)
  - Popsicles (NO RED)
  - Tea
  - Black coffee (no cream)
  - Sports Drinks or Fitness water (NO RED)
  - Clear fruit juices
- You are not limited to the above examples of clear liquids. You may have anything you can see through EXCEPT LIQUIDS CONTAINING RED DYE. There can be no solids in what you drink such as milk or orange juice.
  - **\*If you are diabetic**, monitor your blood sugar level throughout the day. If you feel you are having a diabetic reaction, you may have liquids and hard candy up to three hours prior to the exam.

**Bowel Prep Instructions: THESE INSTRUCTIONS MUST BE FOLLOWED TO PREVENT CANCELLATION OF PROCEDURE.**

- Please purchase these over the counter medications (no prescription needed): Dulcolax 5mg tablets (you will need 4), Miralax (polyethylene glycol) 238 gm bottle, a total of 64 oz of “G2”Gatorade, or Propel or Powerade (NO RED, ORANGE, PURPLE OR DARK BLUE)
- On \_\_\_\_\_ at \_\_\_\_\_ am/pm, mix up the 64 oz of G2 gatorade/propel/powerade with the entire bottle of Miralax in a large container, and then start drinking \_\_\_\_\_ of the prep solution. Drink 8 oz every 15 minutes. You may drink using a straw.
- On \_\_\_\_\_ at \_\_\_\_\_ am/pm, drink the remainder of the prep solution. Then drink two to three glasses of water.
- After completing your prep, anything you pass rectally should be a pale yellow to clear liquid. If not, drink additional water, at least 32 ounces.
- You may use disposable wipes or non-medicated ointment (Vaseline, Desitin, Balmex, A&D) for rectal area comfort.

**Transportation:**

- You are given sedation for the exam and will need a driver you know personally (not a taxi service) in order to have the procedure performed. You are not to drive or work the remainder of the day. A responsible adult must oversee your care the remainder of the day.

**Other:**

- If you need to cancel your surgery, please contact the office **as soon as possible**. If canceling the day of your surgery, the office needs to be contacted at least **three hours prior to surgery**. Without a three hour notice, the hospital may charge you a surgery set-up fee.
- Do not shave surgical site. (abdominal, pubic, rectal).

**Please call our office with any questions: (920) 494-9685**

**Nurse's Initials:** \_\_\_\_\_