



Boone Health

1600 E Broadway,
Columbia, MO 65201
www.boone.health
Phone: 573.815.8000
Fax: 573.815.2492

Procedures with Colon Prep

PREPARATION INSTRUCTIONS WITH MIRILAX AT BOONE HOSPITAL

Appointment date: _____

Check in time: _____

Do these things 7 DAYS BEFORE the procedure:

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| <ul style="list-style-type: none">• Arrange a ride: You will be given medicine that makes you relax and sleepy, so you cannot drive a car. If you arrive without an escort, your procedure may need to be rescheduled.• Uber, taxi, or transportations such as Oats bus are not an option unless you have an escort to ride with you.• If you take any blood thinners, call your primary doctor or cardiologist to see if you can safely stop this medication before your procedure.• Please note the date and time you are to stop the blood thinners. | <ul style="list-style-type: none">• BLOOD THINNERS AND ALL OTHER MEDICATIONS SHOULD BE ADDRESSED BY YOUR PRIMARY PHYSICIAN, PRESCRIBING PHYSICIAN, INTERNIST OR SURGEON.• SHOPPING LIST for Gatorade and Mirilax Prep:<ul style="list-style-type: none">-Four 5mg Dulcolax (bisacodyl) tablets-64oz of any Gatorade except red-510g bottle of Mirilax |
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Do these things 3 DAYS BEFORE the procedure:

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| <ul style="list-style-type: none">• Confirm your ride• If you have questions or need to cancel your appointment, call 573-815-6344• Review the prep and diet you need to follow for the procedure. |
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PRE-PREP Do these things THE DAY BEFORE the procedure:

- **Start a strict clear liquid diet.** *If you put a liquid in a clear glass, and you can see through it, it is probably OK to drink.* A clear liquid diet can include:
 - Apple, grape, and cranberry juices.
 - Beef or chicken broth that is clear.
 - Tea and coffee without milk or cream.
 - Soda pop, Gatorade. Kool-Aid and various Jell-O flavors (any color **Except Red**)
- **Avoid:** Juices with pulp, milk, cream and solid food.
- **12:00 pm:** Take four 5mg Dulcolax (Bisacodyl) tablets with at least 8 ounces of water.
- **Between 1:00-5:00 pm** Start drinking the laxative liquid. Mix 510g of Miralax with 64oz of Gatorade. Drink a full glass every 10-15 minutes until $\frac{3}{4}$ of the solution is gone.
- Refrigerate the remainder of the solution.
- Continue to drink clear liquids throughout the evening to keep you hydrated and to help the laxative work.

Do these things ON THE DAY OF the procedure:

- No food, tobacco products or gum after midnight. Clear liquids only (no broth)
- At least 3 hours before you leave home, drink the remaining laxative fluids. Nothing by mouth after laxative.
- Adhere to the medications you should take before the procedure.
- Bring a list of your medications with you and the time and dates you last took them.
- Go to the south entrance, the Outpatient Service Entrance and check in on the ground floor at your scheduled check in time.
- There is no need to arrive early. Once registered, you will be directed to the 3rd floor (GI Lab).

Questions about other medications

What medications should I take, and what medications do I stop prior to my procedure?

- **PLEASE TAKE MEDICATIONS FOR THESE APPROVED CONDITIONS THE DAY OF THE PROCEDURE:**

Thyroid, reflux, pain, depression, anxiety, myasthenia gravis, transplants, Parkinson's, prescribed inhalers, and seizure medications with a sip of water.

***YOUR PROCEDURE MAY BE CANCELLED IF THE FOLLOWING MEDICATIONS ARE TAKEN AFTER 7 AM THE DAY BEFORE THE PROCEDURE**

Accupr	(quinapril)	Lotensin	(benazepril)
Aceon	(Perindopril)	Mavik	(trandolapril)
Altrace	(ramipril)	Micardis	(trandolapril)
Atacan	(candesartan)	Novartis	(amlodipine and valsartan)
Avalide	(HCTZ and ibesartan)	Monopril	(fisinopril)
Avapro	(irbesartan)	Prinivil	(Lisinopril)
Benicar	(Olmesartan)	Teveten	(eprosartan)
Capoten	(captopril)	Univasc	(moexipril)



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Cozaar	(losartan)	Vasotec	(enalapril)
Diovan	(valsartan).	Estril	(Lisinopril)
Entresto	(sucubital and valsartan)	Exforge	(amlodipine and valsartan)

What should I do about my diabetic medications?

Take ½ **dose of your evening dose** or long-acting Insulin the night prior to surgery.

No morning insulin, no morning diabetic medications – unless directed by your Endocrinologist