Procedures with Colon Prep
PREPARATION INSTRUCTIONS WITH MIRILAX AT BOONE HOSPITAL

Appointment date: ____________________

Check in time: ________________________

**Do these things 7 DAYS BEFORE the procedure:**

- **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.

- **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:
  - Four 5mg Dulcolax (bisacodyl) tablets
  - 64oz of any Gatorade except red
  - 510g bottle of Mirilax

**Do these things 3 DAYS BEFORE the procedure:**

- **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.

**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 ¾ 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.

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**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).

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**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*

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