

# Colonoscopy Bowel Preparation Instructions

## MIRALAX

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

Procedure Date: \_\_\_\_\_ Check-In Time: \_\_\_\_\_ am / pm  
(CIRCLE ONE)

Location: \_\_\_\_\_ Dr. Name: \_\_\_\_\_

### About Your Colonoscopy:

A colonoscopy is a procedure your doctor will perform to examine the lining of your colon (large intestine). The doctor will insert a flexible tube into the rectum and through the colon, looking for abnormalities. Prior to the procedure, you will be given a sedative and pain medication through an IV. Following the procedure, you will be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

Please note, it is your responsibility to contact your insurance company about coverage and cost for your upcoming colonoscopy procedure. Sometimes colonoscopies result in a cost to the patient. Be sure to state to the insurance company when you last colonoscopy was and if you have a personal history or family history of colon cancer or polyps.

### Appointment Considerations:

- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15-minute driving distance of our facility. They will be notified when your procedure is over, and MUST be present at the time of discharge to receive instructions and teaching.
- You are **NOT allowed to take a bus, taxi, Uber/Lyft, Access a Ride, walk home, etc.** Your driver will be asked to sign our discharge paperwork indicating that they are driving you home; if you are utilizing a paid driving service, please call ahead to ensure the driver will sign our discharge paperwork.
- **If you DO NOT have a ride, your procedure will be cancelled or rescheduled.**
- Please bring a list of your current medications (including non-prescription) and allergies. If you have not completed the online registration, then please bring your **PHOTO ID** and **INSURANCE CARD**.
- Plan to be at our facility for at least 2 hours. Read the prep instructions on page 2 THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

### Cancelling / Rescheduling:

If you need to cancel or reschedule your appointment, you **MUST** do so three business days prior to your appointment date, or a \$150 cancellation fee may be assessed.

### Gastroenterology of the Rockies Patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

### Please check in using the WHITE PHONE located in the lobby – the receptionist is unable to check you in

- Boulder – Located to your left as you walk through the second automatic door, next to the door with a stop sign.
- Lafayette – Located to the right of the receptionist's desk.
- Lakewood – Located to the left of the door in the endoscopy waiting room.
- Longmont – Located on a small table on the east side of the partition in the lobby.
- Northglenn – Located in Suite 320 on the wall directly to the right of the desk.

# MIRALAX Preparation

## Instructions

### 5-days before your exam:

- Discontinue medications containing iron.
- If on blood thinners, please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic and need additional instructions, please call 303.604.5000 and request to speak with a nurse.

### 3-days before your exam:

- Purchase the following over-the-counter products at the store:
  - 8.3 oz (238 g) bottle of Polyethylene Glycol 3350 (Generic for MiraLAX Brand)
  - 4 Bisacodyl tablets (generic) or Dulcolax (brand). Please note that these packages are usually only available for purchase with a larger amount.
  - 64 oz of Gatorade © or Crystal Light © (NO RED OR PURPLE). Please note that you may also purchase a powder form of these items. You will need enough to equal 64 oz once mixed with water.

### 2-days before your exam:

- Begin a low-fiber diet and discontinue fiber supplements; see “Diet and Tips” page for more information.

### 1-day before your exam:

- The day before your procedure, you may have a light, low-fiber breakfast before **9am**. After **9am**, **NO SOLID FOODS** until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

<b>1</b>	<p><b>3:00 PM</b> the day prior to your procedure</p> <p>Pour the 64 oz. (1/2 gallon) of Gatorade/Crystal Light into a pitcher and chill in the refrigerator. <b>DO NOT ADD ICE</b></p>	
<b>2</b>	<p><b>3:00 PM</b> the day prior to your procedure</p> <p>Take 4 (5 mg) Dulcolax <b>OR</b> Bisacodyl tablets with a glass of water. <b>*Please note you will only need 4 tablets total</b></p>	
<b>3</b>	<p><b>5:00 PM</b> the evening prior to your procedure</p> <p>Mix together the <b>ENTIRE BOTTLE</b> (8.3 oz./238 g) of MiraLAX <b>OR</b> Polyethylene glycol 3350 with <b>64 oz.</b> of chilled Gatorade/Crystal Light.</p>	
<b>4</b>	<p><b>5:00 PM</b> the evening prior to your procedure</p> <p>Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking <b>HALF OF THE MIXTURE (32 oz.)</b></p>	

# MIRALAX Preparation

## Instructions (cont.)

### The day of your procedure:

- You may take your morning medications with a sip of water, except for blood thinners.
- **NO SOLID FOODS**
- Beginning **5 hours** prior to your procedure time, you will drink the second half of the prep following the below instructions:

<b>5</b>	<b>5 hours prior to your procedure:</b> Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking the <b>REMAINDER OF THE MIXTURE (32 oz.)</b>	
----------	--	---

- You **MUST** be finished with the prep **3 hours** prior to your procedure time.
- You **MUST STOP** drinking clear liquids **3 hours** before your procedure.
- Do not use marijuana the day of your procedure.

**\*\* If you feel the prep is not working, please consult the Colon Cleansing Tips section on the Diet and Tips sheet FIRST, then call our office at 303.604.5000 if you still have concerns \*\***

Boulder · Broomfield  
Denver · Lafayette · Lakewood  
Longmont · Northglenn



Gastroenterology  
of the Rockies

P: **303.604.5000**  
F: 720.890.0364  
[www.gastrorockies.com](http://www.gastrorockies.com)

# Preparation

## Diet & Tips

**Bowel Preparation (cleansing) is necessary to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.**

### **High fiber foods to AVOID starting 2-days before procedure:**

- Nuts, seeds, dried fruits, raw vegetables, beans
- Whole-grain cereals, oatmeal

### **Low-Fiber Diet:**

- White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals
- Fish, white meat chicken, eggs, creamy peanut butter, tofu
- Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
- Milk, plain yogurt, cheese

### **Clear Liquid Diet:**

**If you can see through it, you can drink it. NO RED OR PURPLE DYES**

- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**

### **Colon Cleansing Tips:**

- Stay near a toilet after you start the prep, you **WILL** have diarrhea.
- Drinking the prep through a straw can make the prep more tolerable. **DO NOT ADD ICE.**
- Use a lemon or lime wedge to suck on between glasses.
- If you feel nauseous or vomit, rinse your mouth with water and take a 30-minute break, then continue drinking the solution.
- Use alcohol-free wipes or hemorrhoid creams to ease skin irritation.
- You may see results after the first half of the solution; however, it may take the entire prep to have the desired outcome.
- It is always a good idea to hydrate yourself with water between doses, however, you **MUST STOP** consuming any liquid **3 hours** prior to your procedure.
- If you have completed your prep and the stools are not clear or yellow, please contact us at **303.604.5000**.

# Billing & Financial

## FAQs

**Q: Will my colonoscopy be covered by my insurance company?**

**A:** Insurance may not cover your colonoscopy at 100%. It is your responsibility to contact your insurance company to determine your specific benefits and possible out of pocket costs. ***The results of your colonoscopy procedure, as well as your personal/family history, will be significant factors in determining coverage.***

**Q: What is a preventative or screening colonoscopy?**

**A:** A preventative or screening colonoscopy is performed on a patient who has no gastrointestinal symptoms, i.e., abdominal pain, diarrhea, rectal bleeding, is 50 years of age or older (45 with some insurances), has no personal or family history of colon polyps or colon cancer, and who has not had a previous colonoscopy within 10 years.

**Q: What is a diagnostic colonoscopy?**

**A:** A diagnostic colonoscopy is performed on a patient who has gastrointestinal symptoms (i.e., abdominal pain, diarrhea, rectal bleeding), or has either a history of polyps or gastrointestinal disease. A positive Cologuard or FIT test will also cause a colonoscopy to be diagnostic.

**Q: If a polyp is encountered during a preventive screening colonoscopy, are future colonoscopies considered under the preventive care services benefit?**

**A:** No. If a polyp is removed during a preventive screening colonoscopy, future colonoscopies would normally be considered diagnostic because the time intervals between future colonoscopies would be shortened.

Each insurance plan may provide different benefits and handle claims differently. It is highly recommended that you contact your insurance to determine your specific benefits and possible out of pocket costs (deductible, coinsurance, facility copay) for the procedure. **It is important to inquire about both the physician and facility costs, discuss any symptoms and/or personal history (including prior colonoscopy dates and findings), and family history related to your procedure.** Ask how your specific plan will pay for a screening colonoscopy as well as a colonoscopy with polyp removal.

You may receive statements from multiple entities for balances after your insurance is processed. There will be charges from the physician and the facility where your procedure is performed, and the anesthesia provider if applicable. If there is a need for biopsy or polypectomy, you will also receive a bill from the pathology provider.