

# MGI Michiana Gastroenterology Inc.

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[www.michianagastro.com](http://www.michianagastro.com)

## Colonoscopy/Flex Sig Instructions with Miralax

**\*\*Please be aware, there could be multiple separate charges for this procedure. One charge for the Facility and one for the Doctor. Possible charges for anesthesia and pathology.\*\***

Patient: \_\_\_\_\_ Dr. \_\_\_\_\_

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

\_\_\_\_ Michiana Endoscopy Center  
53830 Generations Drive  
South Bend, IN 46635

\_\_\_\_ Plymouth-SJRM  
Register at Surgery Ctr.  
Building 5

\_\_\_\_ Memorial Hospital  
Main Entrance  
Patient Registration

\_\_\_\_ Mishawaka - SJRM  
Main Entrance  
Patient Registration

\_\_\_\_ SB Clinic SurgiCenter  
211 N. Eddy Street  
South Bend, IN 46617

\_\_\_\_ LaPorte Surgical Center  
900 I Street  
LaPorte, IN 46350

### **\*IMPORTANT\*READ THIS NOW\* Blood Thinners:**

**If you are taking a blood thinner, please check with the doctor who prescribed it to make sure it is safe for you to stop it for the following time frames. We will also be sending the doctor a letter to inform them of your upcoming appointment.**

#### **Stop 7 Days before procedure**

Aggrenox (Aspirin/Dipyridamole)  
Brilinta (Ticagrelor)  
Effient (Prasugrel)  
Plavix (Clopidogrel)  
Pletal (Cilostazol)

#### **Stop 5 Days before procedure**

Coumadin (Warfarin)

#### **Stop 2 Days before procedure**

Eliquis (Apixaban)  
Pradaxa (Dabigatran)  
Savaysa (Edoxaban)  
Xarelto (Rivaroxaban)

### **Do these things 7 days before your procedure:**

- Purchase 1 bottle of Magnesium Citrate, 2 bottles of 238gm Miralax, 4 Dulcolax Tabs and 2 64oz Bottles of Gatorade/Powerade. **No red or purple Gatorade/Powerade.**
- Stop iron medication and iron supplements. Multi vitamins are fine to continue.
- Arrange to have someone drive you home. You will receive medicine to keep you relaxed during your procedure, so you cannot drive home or take a cab home alone.
- If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the procedure day. We do not want your blood sugar to be too low.

### **Do these things 1 day before your procedure (Prep Day):**

- DO NOT EAT ANY SOLID FOOD TODAY**
- You may only have clear liquids all day and night. NO RED OR PURPLE.** Clear liquids are: tea or coffee (**no milk or creamer**), broth, apple juice, white cranberry juice, 7 up, ginger ale and water. You may also have Gatorade, popsicles and Jell-O, just remember no red or purple.
- Do not drink alcohol.**
- Start drinking your prep according to your doctor's instructions, which are located on the back of this page.
- Keep drinking clear liquids all day. This will help the prep work better for you.
- The prep you are drinking will make you go to the bathroom many times. This is needed so your colon will be cleaned out for the procedure.

### **Do these things on the day of your procedure:**

- DO NOT EAT ANY SOLID FOOD**
- DO NOT** take your diabetic pill(s). If you usually check your blood sugar, check it this morning.
- You may take your other usual morning pills at least 3 hours before your procedure time.
- You may continue drinking clear liquids, but **stop drinking 3 hours before your procedure.**
- Bring the person who is driving you home with you to the Endoscopy Center.
- Your arrival time to your discharge time is about 2 ½ hours.
- Bring insurance card, photo id and all medications to your appointment.

**OVER** 

**Day Before Procedure**  
**Follow printed instructions on this sheet not the colon prep packaging**

1. **Do not eat any solid food today.** It is important to drink at least eight (8) glasses of clear liquids throughout the day.
2. Upon waking, immediately take four (4) Dulcolax tablets all at once with 8 ounces of clear liquid.
3. In the morning, add 238 gm bottle of Miralax to a 64 ounce bottle of Gatorade. Put the container in the refrigerator to chill.
4. You will be taking a laxative and it will give you diarrhea. Stay close to the restroom.
5. 6:00PM drink the entire bottle of Magnesium Citrate.
6. 7:00 PM begin drinking the Miralax/Gatorade solution. Drink one eight (8) ounce glass every 15 minutes until you finish the entire container.
7. The prep could take effect within 20 minutes, so stay close to the bathroom.
8. Mix the second 238 gm bottle of Miralax into a 64 ounce Gatorade bottle. Place in the refrigerator to chill.

**Day of Procedure**

1. If you awaken with solid stool, please call the facility at which you are scheduled. Phone numbers are listed below.
2. **DO NOT EAT ANY SOLID FOOD until after your procedure.**
3. \_\_\_\_\_ AM begin drinking last container of Miralax/Gatorade solution. Drink one eight (8) ounce glass every 15 minutes until you finish the entire container. Drinking clear liquids is encouraged to prevent dehydration.
4. **DO NOT DRINK OR TAKE MEDICATIONS FOR 3 HOURS BEFORE YOUR PROCEDURE!!**

**Phone Numbers if there are questions:**

<b>Michiana Gastroenterology, Inc.</b> <b>Hours of operation</b>	<b>(574) 234-0049</b> Monday, Tuesday and Thursday 8:00am – 4:30pm Wednesday & Friday 8:00am – 1:30pm
<b>Michiana Endoscopy Center</b> <b>Hours of operation</b>	<b>(574) 271-0893 or 1-866-669-8743 (toll free)</b> Monday – Thursday 5:45am – 5:00 pm Friday 5:45am – 4:00pm
<b>St. Joseph Regional Medical Center</b>	<b>(574) 335-5000</b> <b>8am – 4pm</b>
<b>Memorial Hospital</b>	<b>(574) 647-6700</b> <b>8am – 4pm</b>
<b>LaPorte Surgical Center</b>	<b>(219) 324-1670</b>
<b>Plymouth Hospital</b>	<b>(574) 948-4000</b>
<b>South Bend Clinic SurgiCenter</b>	<b>(574) 204-6393</b>

**If you need to cancel, reschedule or have questions regarding the prep, please call the office at 574-234-0049.**  
**IN CASE OF AN EMERGENCY, GO TO THE HOSPITAL EMERGENCY ROOM!**