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Digestive Disease Associates

Specialists in diagnosing and treating gastrointestinal, biliary and liver disorders

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Patient:
Physician: Neeraj Sardana

Today's Date:
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INFORMATION REGARDING YOUR SCHEDULED PROCEDURE (MIRALAX SPLIT DOSE PREP)

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

Facility:

- () Gastrointestinal Diagnostic Center (410) 242-3636
700 Geipe Road Suite 220 Baltimore, MD 21228
- () St. Agnes Hospital – GI Services Dept. (410) 368-2200
900 Caton Ave Baltimore, MD 21229
- () Howard County Gastrointestinal Diagnostic Center (410) 772-7345
10710 Charter Drive – Suite 120 Columbia, MD 21044
- () The Center for Ambulatory Surgery at Howard County (410) 740-7795
General Hospital
5755 Cedar Lane Columbia, MD 21044

General Information:

- IV sedation or anesthesia is usually given during your procedure. **For your safety and due to regulatory requirements, you must arrange for a responsible adult to drive you home.**
- You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day.
- You may resume normal activities the next day unless the doctor states otherwise.
- If you have any questions concerning your procedure or need to cancel, please call the respective office.
- Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes.
- Do not wear jewelry or bring valuables with you to the Center or hospital.
- **Do not eat or drink anything the day of your procedure or your case will be cancelled.**

Patient Information - For ALL Gastroenterology Procedures

IF YOU HAVE DIABETES

- Inform your primary care physician that you will be on clear liquids the day prior to your procedure
- Check your blood sugar frequently while taking the prep and on the morning of your procedure

On the day before your procedure

- Do not take any diabetes pills such as Actos, Glipizide, Glyburide or Metformin
- Reduce your morning and evening doses of long acting insulin by one-half (1/2)

On the day of the procedure

- Do not take any diabetes pills
- Do not take any insulin unless you are using a sliding scale
- It is ok to eat hard candy or drink a clear soft drink if your blood sugars are too low

IF YOU ARE ON ASPIRIN, COUMADIN, WARFARIN, PLAVIX, HEPARIN, LOVENOX, FISH OIL OR ANY OTHER BLOOD THINNERS

- Your gastroenterologist may have advised you to stop taking blood pressure thinners prior to your procedure. **You will need to stop taking these medications 5 - 7 days prior to your procedure,** based on the recommendations of your gastroenterologist.
- Check with your cardiologist or primary care physician (or the anti-coagulation clinic) if these medications have been prescribed for you due to a heart condition or because you are at a high risk for heart attack or stroke

INFORMATION IF YOU TAKE ASPIRIN

If you take aspirin, it is necessary for you to stop taking aspirin and any anti-inflammatory arthritis medications (such as Advil, Motrin, Aleve and Naprosyn). You should stop seven (7) days prior to the procedure, unless you are at high risk for heart attack or stroke. Check with your doctor about discontinuing your aspirin and plavix. Tylenol is OK to take.

WHAT IS A CLEAR LIQUID DIET?

As a rule – if you can see through it, you can drink it – water is great. Gatorade is an alternative to water though you should avoid drinking red or orange Gatorade. Note that if you are a diabetic or have kidney disease, water is recommended.

ITEMS THAT YOU CAN EAT OR DRINK

- Juices - white grape juice, apple juice, or white cranberry juice.
- Kool-Aide, Powerade or Crystal Light (**no red, blue, orange, or purple**)
- Popsicles (**no red, blue, orange, or purple**)
- Tea or coffee (no milk, cream or non-dairy products) Sugar is ok
- Soda (**no red, blue, orange, or purple**) 7-Up, Sprite, or Ginger Ale
- Broth or bouillon: Beef, Chicken or Vegetable flavored
- Hard candies
- Jell-O (**no red, blue, orange, or purple**)

The key to a good preparation is to drink plenty of fluids. Laxatives taken with adequate amounts of fluid, will clean the colon and prevent you from having to reschedule the procedure due to poor preparation.

Preparation Instructions for Colonoscopy – MiraLAX Split Dose

(Please only follow these instructions and pay attention to the following dates)

<p>7 Days before your colonoscopy</p>	<ul style="list-style-type: none"> • Read all prep instructions • Contact prescribing physician for instructions on dosage of blood thinners. • Stop herbals, vitamins and oral iron supplements. • Avoid any salads or high fiber foods including nuts, seeds and popcorn. • Stop any anti-inflammatory medications (Motrin, Advil, and Ibuprofen). Tylenol is OK to use. • Arrange for a driver to take you home after the procedure.
<p>2 Days before your colonoscopy</p>	<ul style="list-style-type: none"> • List all current medications. • Obtain these over-the-counter bowel products from your pharmacy: <ul style="list-style-type: none"> - One (1) 238 gram bottle of MiraLAX and - One (1) bottle of Dulcolax (bisacodyl) 5 mg tablets • Obtain two 32 ounce bottles of Gatorade, Sprite or Ginger Ale. No red or purple fluids please. • If you are diabetic, follow the instructions on the previous page and use water instead of Gatorade. <p style="text-align: center;">YOU ARE TO HAVE NO SOLID FOODS/MEALS AFTER DINNER 2 DAYS BEFORE YOUR PROCEDURE</p>
<p>The day before your colonoscopy</p>	<ul style="list-style-type: none"> • No solid food and no alcohol • Drink plenty of clear liquids all day <p>It is important that you finish the entire dosing regimen to achieve the best possible results and that you take all of the prescribed liquid to maintain proper hydration.</p> <p>8 a.m. Mix ½ of the MiraLAX 238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator</p> <p>4 - 5 p.m. Take four 4mg Dulcolax (bisacodyl) tablets with 8 oz of water and continue your clear liquids.</p> <p>6 p.m. Begin drinking the Gatorade/Miralax solution at a rate of 8 ounces (oz) every 15 -30 minutes (over 1 - 2 hours) until the first bottle is gone.</p> <ul style="list-style-type: none"> • Continue to drink at least 16 - 32 more ounces of clear liquids until you go to bed. • Do not have anything by mouth after midnight. • Apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools. • Confirm that you have a driver.

The day of your colonoscopy	<ul style="list-style-type: none">• No solid food and no alcohol• You should take your morning medications (i.e. blood pressure meds) with a small sip of water. <p>5 - 6 hours before the time of your procedure, take the second 32 ounce bottle of MiraLAX with Gatorade.</p> <ul style="list-style-type: none">• If your procedure is scheduled in the early morning, you'll need to get up at night to take this second regimen.• The correct timing of this dose is essential to an effective preparation. <p>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</p>
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NOTE: You must take ALL of the PREP solution, as directed to clean your bowel adequately. If you are passing clear liquid you must continue to take the entire dose of the prep the day before your exam. If you think the prep is not working, call your physician.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

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