Colonoscopy 2 Day/Prep Miralax Split-dose Guide

Supplies:

2 - 10 oz bottles Magnesium Citrate
1 - 238 gm bottle of Miralax powder
4 - Dulcolax 5 mg **TABLETS** (Not soft gels, gummies or overnight formulas)
64 ounces of Gatorade (No red or purple)
2 - Simethicone tablets (gas drops)

Two days before the procedure:

- Before 8:00 AM: You may have a light breakfast, such as toast and coffee.
- After 8:00 AM: You may only have clear liquids.
- At 1:00 PM drink you first bottle of Magnesium Citrate.
- You may continue to drink clear liquids all day
- At 7:00 PM drink your second bottle of Magnesium Citrate.
- You may continue to drink clear liquids.

The day before the procedure:

- You may continue to have clear liquids all day.
- At 3:00 PM Take 4 Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help lessen stomach cramping.
- Mix the entire bottle of Miralax powder 238 GM with 64 ounces of Gatorade or another sports drink or apple juice until dissolved then refrigerate.
- **Starting at 5:00 PM:** Begin drinking the Miralax/Gatorade mixture at a rate of one 8-ounce cup every 15 to 30 minutes, until you drink a total of 6 cups.
- **Keep the remaining mixture in the refrigerator to be completed tomorrow morning at 4:00 AM prior to your procedure.**
- After you finish drinking the Miralax mixture, take 2 simethicone tablets.
- You may continue to drink clear liquids until midnight.

Clear Liquid Suggestions: (No Red or Purple)

Gatorade, Pedialyte, or Powerade
Coffee or tea without creamer
Carbonated and non-carbonated soft drinks
Kool-Aid or other fruit flavored drinks
Apple juice, white cranberry, or white grape juice
Jello, popsicles
Chicken, beef or vegetable broth

(COLONOSCOPY CODES RANGE FROM 45378-45385)

1. **STATEMENTS** - You will receive separate bills from the following companies:

   ***Northeastern Gastroenterology** - Physician fee and Pathology fee (professional and/or technical component)
   ***Mountain Laurel Surgery Center or CHS Facilities** - Facility fee
   ***Keystone Medical Lab** - Pathology fee (technical component)

2. **CANCELLATION NOTICE** - Northeastern Gastroenterology and Mountain Laurel Surgery Center require 24 hours notice. There will be a fee of $100.00 for Mountain Laurel Surgery Center for all tests not canceled in advance.

3. **REFERRAL** - IF your insurance requires a referral from your Primary Care Physician, please be sure to bring the referral with you at the time of your scheduled visit OR the physician's office can fax the referral directly to us.

4. **PRECERTIFICATION** -IF your insurance plan requires a precertification for a colonoscopy (PROCEDURE CODES 45378-45385) being done at an ambulatory surgical center or a hospital, please let us know and we will contact your insurance carrier to obtain it.

5. **SCREENING COLONOSCOPIES** - If your insurance plan has a wellness package, you *need* to let our billing department know prior to your procedure the answers to the following questions:

   A. Does your plan cover colonoscopy screenings? (A screening means you are having no problems that would warrant a colonoscopy for diagnostic reasons)

   B. How often does your plan allow you to have a screening?

PLEASE NOTE- A screening colonoscopy will change to a diagnostic colonoscopy if a biopsy is done

PLEASE KEEP IN MIND THAT YOUR INSURANCE POLICY IS A CONTRACT BETWEEN YOU AND YOUR INSURANCE COMPANY. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR BILLING DEPARTMENT AT 570-253-3391