Miralax Split-dose Prep Guide:

Supplies
1 - 238 gm bottle of Miralax powder
4 - Dulcolax 5 mg **TABLETS** (No soft gels or gummies)
64 ounces of Gatorade (No red or purple)
2 - Simethicone tablets (gas drops)

Clear Liquid Suggestions:
- 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
- Jell-O, popsicles
- Chicken, beef, or vegetable broth

DO NOT DRINK ANYTHING RED OR PURPLE

The day before your 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 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 with 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 (or 48 oz).**
- **Keep the remaining 2 cups (or 16 oz) of mixture in the refrigerator to be completed tomorrow morning at 4 AM prior to your procedure.**
- After you finish drinking the Miralax mixture, take 1 simethicone tablet.
- You may continue to drink clear liquids until midnight.
- Bloating and nausea are common after the first few glasses of Miralax, this is temporary and will improve once bowel movements start.

Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
- Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treated with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure:

- At **4:00 AM**: Begin drinking the remaining Miralax mixture. **You must finish the drinking mixture by 5:00 AM**.
- **DO NOT drink any fluids including water, after 5:00 AM.**
- After you finish drinking the mixture take 1 simethicone tablet.
- Please do not take blood thinners the day of your procedure.
- You may take your medications with a small sip of water.
- You may brush your teeth.

(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