

PREPARING FOR YOUR COLONOSCOPY—MIRALAX PREP

Your appointment is at Lawrence Memorial Hospital Endoscopy Center, first floor of Lawrence Memorial Hospital. Please check in at the Admissions desk located on Arkansas Street (West side of hospital).

Your appointment is on

Please arrive at _____ and you must be accompanied by a responsible adult.

1. Please purchase Miralax 238 gms and four (4) Dulcolax tablets (be sure to get the bisacodyl laxative, not the stool softener). These are available at any pharmacy without a prescription. These are the bowel cleansers that you will need before your colonoscopy.
2. Do not wear contact lenses, tongue or lip rings, lipstick, mascara, fingernail polish or other cosmetics to your appointment.
3. Please bring a complete list of your medications. You may write them down on the back of this sheet and bring this with you to your appointment. You must also bring your identification and insurance cards.
4. You will be sedated for your procedure and you **MUST** bring a responsible adult with you, **who will need to remain with you at the hospital throughout the procedure, can listen to Dr. Kimmel's report, and drive you home afterwards.**
5. If you take Coumadin/Warfarin, or Insulin or if you have heart or kidney failure, please contact your primary care physician for any special instructions.
6. Do not plan to operate machinery or conduct important business for at least 12 hours after your procedure. You will be at the facility for approximately 3 hours.
7. This time is reserved for you. Please, no schedule changes within 72 hours of your procedure. Please contact Lawrence Internal Medicine, P.A. staff at 785-842-7200 for questions.
8. If, after your procedure has been scheduled, but before your procedure is performed, your insurance coverage changes, contact Dr. Kimmel's nurse at 785-842-7200. Coverage verification and prior authorization, as needed, must be obtained prior to your procedure. Failure to provide Lawrence Internal Medicine, Pa with up-to-date insurance information may result in our refusal to submit your claim to insurance on your behalf.
9. Please be aware your lab results, if any, will be sent to you via your patient portal. You will find the patient portal at www.medicalofficeconnect.com. If you have forgotten your username or password, call 785-842-7200 for assistance.

NOTE: Due to HIPAA privacy regulation, no use of portable electronic devices is allowed in the endoscopy suite or recovery areas, including cell phone calls, texts, internet use and/or video or audio recording of any kind.

DR KENNETH KIMMEL
1440 Wakarusa Drive, Suite 300, Lawrence, Kansas 66049
Phone: 785-842-7200 Fax 785-842-9397
www.lawrenceintmed.com

PREP INSTRUCTIONS:

DAY BEFORE COLONOSCOPY: You may eat breakfast, and then eat only a clear liquid diet the rest of the day. Liquids allowed are water, tea, coffee (no creamer), apple juice, bouillon, any type of plain Jell-O, sports drinks and pop.

FIRST DOSE OF LAXATIVE:

- Take four (4) Dulcolax tablet at noon the day before your colonoscopy.

SECOND DOSE OF LAXATIVE:

- Mix Miralax 238 gms in 64 oz Gatorade.
- Drink Miralax/Gatorade mixture (~ 8 oz. every 10 minutes) at 6 PM the evening prior to your colonoscopy.

PRIOR TO YOUR PROCEDURE: Do not take anything by mouth after midnight the night before your procedure. This includes medications.

DAY OF PROCEDURE: Please wear a loose fitting, two-piece outfit.

Dr. Kimmel's Office Phone: 785-842-7200

Lawrence Memorial Hospital Endoscopy Center Phone: 785-505-4850