

**TRI-CITIES DIGESTIVE HEALTH CENTER, P.S.**  
8819 W. Victoria Ave. Kennewick, WA 99336 (509) 460-5500  
[www.checkmycolon.com](http://www.checkmycolon.com)

**PREPARATION FOR COLONOSCOPY – MIRALAX/GLYCOLAX**  
*PLEASE READ THESE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO EXAM.*

YOU WILL RECEIVE CONSCIOUS SEDATION DURING YOUR COLONOSCOPY. IT WILL NOT BE SAFE, OR LEGAL, FOR YOU TO DRIVE FOR THE REMAINDER OF THE DAY. **It is REQUIRED that your driver check in with you when you come for your procedure, and stay at our office while you are here for your procedure. IF YOU DO NOT HAVE A DRIVER WITH YOU WHEN YOU COME FOR YOUR PROCEDURE, WE WILL CANCEL YOUR PROCEDURE.** Plan on being here for 1½ to 2 hours.

Do not plan any out-of-town trips for one week after your colonoscopy. If the doctor finds polyps, he will remove them (polypectomy). It is important to remain close to home in the event of side effects or complications, such as bleeding.

➔ Purchase from a drug store of your choice: **Bisacodyl/Dulcolax Laxative tablets – 5mg each**  
**238g bottle of MIRALAX/GLYCOLAX**  
**64 ounces low-calorie Gatorade (NO RED/PURPLE COLOR)**

Date \_\_\_\_\_ (TWO DAYS BEFORE COLONOSCOPY)

1. **Low-residue diet:** no fruits, vegetables, nuts, or fibrous grains. No fiber supplements (i.e.: Metamucil, Citrucel, Benefiber, etc...) \*Eggs, white bread, meat, cheese, milk products, pasta, white rice are all acceptable to consume on this day\*

Date \_\_\_\_\_ (ONE DAY BEFORE COLONOSCOPY)

1. **Start on clear liquid diet only.** Clear liquids include: Jell-O, soft drinks, broth, coffee, tea, fruit juice (pulp-free), Gatorade and popsicles, **but NO dairy products.** PLEASE DO NOT HAVE ANY RED LIQUID OR JELLO, as these may be mistaken for blood by your physician. **Remain on clear liquids only** the entire day, with no restriction on the amount of liquid taken in.
2. **At 12:00 noon** take 2 (two) Bisacodyl (Dulcolax) Laxative tablets.
3. **At 6:00 pm** mix 238g of Miralax/glycolax with 64 oz of low-calorie Gatorade. Drink 32 oz of the solution at a rate of **8 oz every 10 minutes.**  
(Once you start to drink this laxative preparation, remain close to toilet facilities as it is expected that the laxative will work quickly)

Date \_\_\_\_\_ (EXAM DAY)

1. **4-6 hours prior to your arrival time,** at \_\_\_\_\_, drink the remaining 32 oz of solution at a rate of **8 oz every 10 minutes.**
2. Necessary medications (i.e.: betablockers such as Atenolol for high blood pressure) may be taken with a sip of water at least 2 hours before the exam, then **nothing else may be taken to eat or drink** after the remainder of the above bowel prep.
3. Wear comfortable loose-fitting clothing to the exam.

**APPOINTMENT DATE:** \_\_\_\_\_ **ARRIVAL TIME\*:** \_\_\_\_\_

\*Please note: Your appointment time indicates the time you need to be at the office for preparation. It does not indicate the time the procedure will start. YOU WILL RECEIVE SEDATION DURING YOUR COLONOSCOPY. IT WILL NOT BE SAFE, OR LEGAL, FOR YOU TO DRIVE AFTERWARDS. IT IS REQUIRED THAT YOU HAVE SOMEONE TO DRIVE YOU HOME. **IF YOU DO NOT HAVE A DRIVER WITH YOU WHEN YOU COME FOR YOUR PROCEDURE, WE WILL CANCEL YOUR PROCEDURE.**

**PLEASE GIVE OUR OFFICE 72 HOURS ADVANCE NOTICE IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT TO ALLOW TIME FOR SOMEONE ELSE TO USE THIS ALLOTTED APPOINTMENT SLOT. THANK YOU.**

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## Mid-Columbia Endoscopy Center, LLC

Mid-Columbia Endoscopy Center is a modern, up-to-date freestanding Ambulatory Endoscopy Center, with state-of-the-art equipment for the performance of endoscopic procedures. This facility was built in accordance with Medicare specifications and is Medicare certified. The facility provides an alternative to performing these procedures in a hospital outpatient setting. Running our own facility allows our medical team to closely monitor quality control. Long delays in scheduling and prolonged waiting periods are avoided. Thus, we are able to provide our patients with prompt, efficient, and convenient service, in a comfortable setting, at a greatly reduced cost.

Before you have your scheduled procedure done, we recommend and encourage you to contact your insurance carrier to verify that you have coverage available for the procedure scheduled. When you receive your bill, you will note that there are two charges for your procedure. The first charge is for the doctor's services. The second charge is the facility fee, which covers the cost of running the facility, the purchase and maintenance of the endoscopes and other equipment, nursing services, IV conscious sedation, and disposable items used during the procedure. The facility fee is in lieu of the bill you would otherwise receive from the hospital if the procedure were done there. Medicare and most other insurance carriers accept and will pay the facility charge. The advantage of this format is that the cost of the facility fee that accompanies the procedure is considerably less than it would be when performed in a hospital setting, providing you and your insurance carrier with a substantial cost saving. If you have any questions regarding the facility fee or filing your insurance, our bookkeeper will be glad to assist you. If you would like to tour the facility before your procedure, just ask the nurse.

If you receive anesthesia services (Propofol) for your procedure, there will be an additional charge related to that service. If you have any questions regarding billing for anesthesia services, please ask our billing specialist.

There may be additional charges associated with your procedure. If biopsies are taken or polyps removed during your procedure, they will be sent to a pathologist for examination and diagnosis. You will receive a bill from them for those services, and any questions regarding that bill should be directed to the phone number listed on their billing statement.