

WACO GASTROENTEROLOGY ASSOCIATES
PREPARATION FOR A COLONOSCOPY USING MIRALAX® & GATORADE®
-- AFTERNOON PROCEDURE APPOINTMENT --

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Patient Name: _____ DOB: _____

ONE WEEK PRIOR TO YOUR PROCEDURE:

- **DO NOT STOP TAKING ANY MEDICATION WITHOUT INSTRUCTIONS FROM YOUR DOCTOR.**
- If you normally take antibiotics before procedures, be sure to tell us.
- If you take aspirin, ibuprofen, vitamins, herbal supplements, blood thinners (such as Coumadin, Plavix, Aggrenox), or any arthritis medications check with your doctor for instructions about taking these medications.

• At least 2 days before your procedure purchase over-the-counter 4 Dulcolax (bisacodyl) laxative tablets, Miralax (238 gram bottle), and 64 ounces (2 quarts) of Gatorade in a flavor not red, purple, or green in color.

- **IF YOU ARE DIABETIC, PLEASE SEE THE ATTACHED FORM**

THE DAY BEFORE YOUR PROCEDURE: _____

- You will be on a **CLEAR LIQUID** diet the entire day of the preparation.
- You may not consume:
 - ▶ Any items red, purple, or green in color
 - ▶ Dairy products or orange juice with pulp
 - ▶ Alcoholic beverages
- Some items that are allowed include:
 - ▶ Water, strained fruit juices, Gatorade, Kool-Aid, tea, coffee, sodas
 - ▶ Chicken or beef broth or bullion
 - ▶ Gelatin (Jell-O) flavors that are not red, purple, or green
- In the morning, mix the bottle of Miralax (238 grams) with the 64 ounces (2 quarts) of Gatorade. Shake well to mix and place in the refrigerator to chill.
- At **8:00 PM**, take all 4 Dulcolax tablets with at least 2 glasses of any clear liquid.

THE DAY OF YOUR PROCEDURE: _____

- If you normally take heart, blood pressure, breathing or seizure medications in the morning, you may take those medications as normal. Do not take any other medications.
- At **6:00 AM**, start drinking the Gatorade solution. Drink 1 glass (8 oz) every 10-15 minutes. Drink each glass quickly rather than drinking small amounts continuously. *Be sure to drink all of the solution.*
 - ▶ You can have other approved clear liquids while drinking the mixture.
 - ▶ **YOU MAY CONTINUE CLEAR LIQUIDS ONLY UNTIL 4 HOURS BEFORE YOUR PROCEDURE.**

YOU WILL BE SEDATED FOR THIS PROCEDURE AND MUST HAVE SOMEONE TO DRIVE YOU HOME AND REMAIN WITH YOU FOR 8 HOURS. YOUR DRIVER MUST STAY IN THE BUILDING UNTIL DISCHARGE.

Report to: ___ Waco Gastroenterology Endoscopy Center-364 Richland W Circle, Suite B
 ___ Hillcrest Baptist Medical Center-50 Hillcrest Medical Blvd, Medical Office Building 1, Suite 101
 ___ Providence Health Center-6901 Medical Parkway, outpatient admitting office

Date: _____ Check-In Time: _____

Note: Your check-in time allows for necessary preparations before your procedure begins. You do not need to arrive any earlier.

If you have any questions, contact us at (254) 537-0911.
Should you need to cancel or reschedule your appointment for any reason, please give 48 hours notice to avoid a \$50 cancellation fee.

Office Use: Prep given by: _____ Date: _____

TEACHING PAMPHLET FOR COLONOSCOPY

What is a colonoscopy? This procedure allows the doctor to examine the lining of the rectum and the large intestine (colon).

Why do I need the test? A colonoscopy allows your physician to look directly at the lining of your colon and to identify any abnormalities. It gives him specific information that X-rays or other tests do not provide and can help him diagnose the problem.

How is it done? During a colonoscopy, a flexible tube connected to a light source, called a flexible colonoscope, is passed through the rectum into the lower intestinal tract. As you lie on your left side, the doctor will examine your rectum with a lubricated, gloved finger. Then he will insert the lubricated colonoscope, which will give you a small sensation of wanting to move your bowels. You may be asked to change positions during the procedure and slight pressure may be applied to your abdomen to assist in the passage of the colonoscope. As the scope is carefully advanced through the colon, the doctor will examine the bowel lining thoroughly.

Is it uncomfortable? You will be given a sedative prior to the exam which helps decrease sensations of pressure and anxiety. You may feel some cramping or gas due to the air that the doctor will put into the colon. Sometimes a tiny bit of tissue or polyp will be removed. You will not feel any sensation or discomfort when the biopsy or polyp is removed.

How long does the test take? The exam itself takes 30-45 minutes. However, you may be in the procedure room approximately 1 to 1 ½ hours including the time it takes to prepare you for the exam. After the procedure, you will be kept in the recovery area for approximately 30-45 minutes, or until you are expelling the air from your colon.

Are medications given? Yes. Your doctor will give you a sedative prior to the exam to help keep you comfortable. He may also order a medication by injection, which a nurse will administer before the exam.

Do I have to do anything before the test? Yes. There will be a special bowel prep that will be performed. You will be required to drink a fluid laxative, which will thoroughly cleanse your colon of stool. At the same time you will be following a clear liquid diet.

You must be well hydrated to avoid cramping and nausea while taking your prep. Consume at least 8 ounces of approved clear liquid every hour beginning the morning of your prep. If you experience nausea or vomiting while drinking your prep, stop for 20-30 minutes and then resume. If vomiting continues, call your physician.

When can I eat? You can eat one hour after the test, unless otherwise specified by your physician. You will be given fluids as soon as you are awake enough to drink them.

When will I get the results? After your test, the doctor may briefly discuss the initial findings of the exam with you or your family. It takes approximately one full week to get your results. You may call our office if you do not hear from us with your results.

If you have any questions about your test or instructions, please call our office at (254) 537-0911.