

# CHECKLIST FOR 2 DAY PREP COLONOSCOPY

- **Patients on Blood Thinning Medications**

If you are on Aspirin/Plavix/Coumadin/Xarelto/Pradaxa/Aggrenox/Brilinta or any other anticoagulants, you must stop taking the medication prior to your exam. If you are taking anticoagulant medications, you must be cleared through the physician who prescribed you the anticoagulant medication. Some physicians may require you to be put on Lovenox bridge during the time that you are off of these prescribed medications. We will submit an anticoagulant hold request to the physician who prescribed you the medication and if the physician has any special requests regarding the hold of the medication, we will notify you.

- **Hold Instructions from Cardiologist:**

- Hold \_\_\_\_\_ for \_\_\_\_\_ days prior to procedure
    - Hold to start on \_\_\_\_\_
    - Resume taking blood thinner on \_\_\_\_\_

- **Patients taking Weight Loss medications**

All weight loss medications will need to be held for 2 weeks, due to anesthesia requirements

- **Fiber & Iron Supplements**

Three days before your colonoscopy, discontinue any fiber supplements. Do not take any iron pills or vitamins containing more than 15mg of iron. It is best to eat lightly for a few days before your exam; it makes the clean-out easier and more effective. **AVOID** overeating! **AVOID** whole wheat products and fibrous foods with skins (ex: corn, onions, beans, lettuce, broccoli, etc).

- **Nothing By Mouth (NPO) after midnight the night before your procedure**

This includes gum, breath mints, cigarettes, etc. It is ok to brush your teeth, but please do not swallow any water.

- **Medications to take at home the day of your procedure:**

- Take Blood Pressure, Heart, or Anti-Seizure medication on the morning of your procedure with a SMALL sip of water.
  - DO NOT take Diabetic Meds! Diabetic Meds can be taken after your procedure.

- **Arrive to Same Day Surgery for you procedure at \_\_\_\_\_AM/PM**

- Same Day Surgery will call you the day prior to your procedure (after 2pm) to give this arrival time (if your procedure is on a Monday, you will be called on Friday.
  - You must have transportation to and from your Colonoscopy, due to the required sedation.

# THE MIRALAX-GATORADE COLONOSCOPY PREP

## SHOPPING LIST

In order for the Doctor to perform a colonoscopy, a bowel “clean-out” must be completed at home prior to the procedure. A bowel clean-out is a combination of a clear liquid diet and oral laxatives. All of the items can be obtained over the counter at your local pharmacy or grocery store.

### **What you NEED to purchase:**

- One bottle of **Miralax** laxative (size = 238 grams)
- One box of **Dulcolax** laxative tablets for oral use (generic is ok to substitute) – you will need 8 tablets
- 3 bottles of **Gatorade/Powerade** (size = each bottle 32 ounces)
  - No Red or Dark Purple flavors
  - Diabetics use **Powerade Zero** or **Gatorade G2**
- Two **8-ounce bottles of Magnesium Citrate**
- **Fleet Enema**

### **What is OPTIONAL to purchase:**

- Frequent trips to the bathroom may cause your bottom to become raw and sore; you may use **Aquaphor, Vaseline, Desitin** or **Balmex** to relieve pain, and **unscented wipes** may be a better route than toilet paper.

## WHAT TO DO

### TWO DAYS BEFORE YOUR COLONOSCOPY

#### **4:00pm**

- Take 2 Dulcolax tablets with a full glass of water.

#### **5:00pm**

- Take 2 Dulcolax tablets with a full glass of water.

#### **6:00pm**

- Drink one 8-ounce bottle of Magnesium Citrate slowly over 20-30 minutes

\*\*\*It is very important that you drink plenty of fluids throughout the entire day!\*\*\*.

# WHAT TO DO

## THE DAY BEFORE YOUR COLONOSCOPY

**You must be on a CLEAR LIQUID DIET the ENTIRE day before your procedure**

- NO Solid Foods
- NO Milk or Milk Products

**You may have the following up until MIDNIGHT the night before your procedure:**

- Black coffee, tea, lemon or lime Jell-O, apple juice, ginger ale, 7-up, ice pops, diet sodas, regular sodas, kool aid, crystal light, carbonated beverages, popsicles (NO red or purple coloring). You may also have cranberry juice (it is a natural dye) and chicken or beef broth that does not contain noodles or pieces of meat.
- No juices with pulp!
- No Alcohol!
- No red or purple colored fluids!

### **Prep and Mixing Directions**

- **4:00pm**
  - Take 2 Dulcolax tablets with a full glass of water.
  - Mix the entire bottle of Miralax (238 grams) with 2 bottles of Gatorade/Powerade in a large pitcher. Stir well, and store solution in the refrigerator or leave out at room temperature (your preference) until 6:00 pm.
- **5:00pm**
  - Take 2 Dulcolax tablets with a full glass of water.
  - Bathe; prep your bottom with Aquaphor, Vaseline, Balmex, or Desitin cream to protect the skin on your rectal area.
  - If you have constipation or have had a bad colonoscopy prep in the past, drink the bottle of Magnesium Citrate slowly over 20-30 minutes.
- **6:00pm**
  - Drink an 8oz. glass of the Gatorade/Miralax mixture every 15-30 minutes until the solution is entirely gone. \*\*\*It may help to set a timer to help you keep on schedule\*\*\*. Remain near a bathroom for the remainder of the evening. If you feel nauseated, stop for 30 minutes. You will need to drink ALL the prep within 4 hours.
  - Drink the extra bottle of Gatorade/Powerade if the bowel movements are not CLEAR after drinking the entire pitcher of prep ("CLEAR" should have the consistency of water, be yellowish in color, and not have any mucus, fibers, or particles in it). When in doubt, drink the third bottle of Gatorade/Powerade.

## WHAT TO DO

### THE DAY OF YOUR COLONOSCOPY

- Please have someone available to drive you home. Due to sedation medication, you should not return to work, drive, or operate heavy equipment, etc. for the remainder of the day.
- There are designated parking areas in the front of Same Day Surgery
- The average time you will be @ the hospital will be two to three hours
- Wear comfortable clothing and shoes that are easily removed
- Leave jewelry and other valuables at home
- Take your Blood Pressure, Heart and Anti-Seizure medication with a **SMALL** sip of water prior to the arrival at the hospital. HOLD all diabetic medications until you return home and are able to eat.
- Diet upon returning home: Start with very bland foods (scrambled eggs, toast, etc.) and progress to a full diet throughout the day.

#### **Follow-up Appointment:**

Please call our office for a follow-up appointment for 7-10 days after your colonoscopy, to allow any biopsy results to be received in our office.

Thank you for allowing us to provide your healthcare with excellence and compassion. If you have any questions or concerns, please feel free to call the office & speak with any of my Medical Assistants.

Sincerely,  
Dr. Ted Kovacev and Staff

**All procedures are scheduled thru our office; if for any reason you need to cancel or reschedule, please call our office (979)721-7007.**