

CHECK LIST FOR COLONOSCOPY - 2 DAY PREP

- **Medication Sheet: Fill out & take to Same Day Surgery the day of your procedure**
- **Pre-Register: By phone @ 979-299-2888**
- **Blood Thinning Medication:**

Hold _____ for 5 days prior to your procedure

***Hold on: _____

***Restart pending on outcome of procedure: _____

- **Medications to take @ 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.

- **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, please do not swallow any water.

- **Arrive to Same Day Surgery: _____ @ _____ AM/PM**

**** Same Day Surgery will call you the day prior to your procedure (after 2pm) to give your arrival time. (if your procedure is on a Monday, you will be called on Friday before the weekend after 2pm).**

** You must have transportation to and from your Colonoscopy due to the required sedation.

**** Please note, all procedures are scheduled thru our office; if for any reason you need to reschedule, please call our office @ 979-721-7007**

COLONOSCOPY PREPARATION (TWO DAY) - MIRALAX

Miralax-Gatorade Colonoscopy Prep:

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 @ your local pharmacy or grocery store. All items are over the counter.

What you need to purchase:

- One bottle of MIRALAX laxative (size = 238 grams)
- Small box of Dulcolax Laxative tablets for oral use (generic is ok to substitute) – you need 8 tablets
- Three (3) bottles of GATORADE/POWERADE (size – 32 ounces each)

(No Red or Dark Purple) * (Diabetics use POWERADE ZERO or GATORADE G2)**

The third bottle of Gatorade is extra, but may be needed to get a good clean out.

- Two 8 ounce bottles of Magnesium Citrate (green bottle)
- Fleet Enema

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

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** over eating! **AVOID** whole wheat products and fibrous foods with skins (ex: Corn, Beans, Lettuce, etc).

Patients on Blood Thinning Medications:

If you are on Aspirin/Plavix/Coumadin/Xarleto/Pradaxa/Agrenox/Brinta or any other anti-coagulants you must stop taking the medication five days prior to your exam. If you are taking anti-coagulant medications you must be cleared through the physician who prescribed you the anti-coagulant medication. Some physicians may require you to be put on Lovenox bridge during the time that you off of these prescribed medications. We will submit an Anti-Coagulant 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.

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 bottle (8 ounces) of Magnesium Citrate slowly over 20-30 minutes.

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

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 pop, 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). Chicken or beef broth that does not contain noodles, or pieces of meat or chicken.

NO JUICES WITH PULP! NO ALCOHOL! NO RED OR PURPLE colored fluids or drink additives!

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 two (2) quarts of Gatorade/Powerade in a large pitcher or milk jug. Stir well, and store solution in the refrigerator or leave out @ room temperature (your preference) until 6:00 pm.

*****If you have not had a bowel movement at this time you will need to use the Fleets Enema*****

5:00pm: Take 2 Dulcolax tablets with a full glass of water. Bathe; prep your bottom with Aquaphor, Vaseline, Balmex, or Desitine cream to protect the skin on your rectal area.

* If you have constipation or have had a bad colonoscopy prep in the past, please take the bottle of Magnesium Citrate @ 5:00pm. Drink it 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 facility 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.**

“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.

*****Drink the extra quart of Gatorade/Powerade if the bowel movements are not CLEAR after the prep.**

❖ Nothing to EAT or DRINK after Midnight

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 @ CHI St. Luke's Health Brazosport will be two-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 results to be received in our office. 979-721-7007

If you have any questions or concerns, please feel free to call the office & speak with my Medical Assistant,
– 979-721-7007

Thank you for allowing us to provide your healthcare with excellence and compassion.

Sincerely,

Dr. Ted Kovacev and Staff