

Colonoscopy Preparation

Northeast Digestive Health Center
704-783-1840

Miralax/Gatorade Preparation

3 days before your examination- Date _:

Eliminate foods from your diet that are difficult to digest. This is called a low residue diet. **Do not** eat fiber cereal, nuts, seeds, popcorn, raw vegetables or fresh fruit. Red meat, cooked fruits and vegetables are allowed.

The day before your examination- Date _:

For this preparation you must purchase a 64oz. bottle of any light colored Gatorade. No RED, PURPLE, or BLUE.

Eat a LIGHT breakfast. Do not eat more than you routinely have any other morning.

Begin a clear liquid diet after breakfast (see page 2 for a suggestion list).

Place Gatorade in the refrigerator to chill.

Drink one bottle of Magnesium Citrate at **12:00pm (noon)**.

Mix the bottle of Miralax (255gm) with the 64oz. container of Gatorade. You will need to pour out about 8 oz. of the Gatorade before mixing otherwise the bottle could overflow. Shake well and place back in the refrigerator.

Beginning at **6:00pm**, drink 8 oz. of the Gatorade/Miralax solution every 15 minutes until the solution is gone. You **MUST** drink all of the Miralax/Gatorade solution.

After you have finished the Miralax /Gatorade solution, take 2 Dulcolax tablets.



Inside this issue:

What's A Clear Liquid Diet?	2
Hints and Tips to Make Your Prep Easier	2
Medication Guidelines	2
Colonoscopy FAQ's	3

Day of your examination- Date _:

You are scheduled with

Facility	
Procedure Time	
Arrival Time	

****If your procedure is scheduled at Gateway Surgery Center please call 704-920-7049 one business day prior to your procedure for your arrival time.**

You may have clear liquids up to **2 hrs** prior to your arrival time. **ONCE YOU ARE WITHIN THE 2 HOUR WINDOW NOTHING** including gum, mints and hard candy **MAY BE CONSUMED BY MOUTH!**

Do not drive, work, operate machinery, or make important decisions the rest of the day.

Special points of interest:

- You **MUST** have a driver bring you to the procedure, **remain on the premises throughout the procedure** and drive you home. Failure to do so will result in postponement or cancellation of your procedure.

Medication Guidelines

The morning of your procedure you may take medications for:

High blood pressure
Heart conditions
Asthma/ Lung conditions
Seizures
Thyroid conditions

If you are **diabetic**, the **day of your preparation** you may take any oral diabetes medications as you normally do. If you take insulin, please take your regular AM insulin dose and ½ dose of any PM insulin. **The morning of your procedure you should hold all diabetes medications.**

If you are on **any blood thinners**, please see the **chart below for how long to hold your medication prior to your procedure:**

****Please take these with just a small sip of water****

Coumadin or Plavix 5 days

Effient 7 days

Pradaxa, Xarelto
or Eliquis 2 days

Hold **Iron** for 3 days prior to your procedure. This does **not** include Multivitamins with Iron.

You **do not** have to hold **Aspirin**.

Gentlemen- Please hold erectile dysfunction medications for 3 days prior to your procedure.

Dietary Guidelines

You **DO NOT begin** the clear liquid diet until the preparation day.

Examples of Allowable Clear Liquids

Water (the original clear liquid)
Coffee and/or Tea without creamer
Chicken or Beef Broth (canned or boullion) **NO NOODLES or RICE**

Apple, White Cranberry, or White Grape Juice.

Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist)

Crystal Light or Kool Aid

Popsicles and Italian Ice (no yogurt or ice cream)

Jello- flavor suggestions:
peach, lemon, lime,
watermelon, white grape

Gatorade or Powerade –these are excellent replacement fluids.

Hard candy and lollipops

NO milk, creamed soups, or crackers while you are on this diet

content to this newsletter is

Please avoid all RED, PURPLE and BLUE colored clear liquids!

Hints and Tips to Make your Colonoscopy Easier

Wear loose, comfortable clothing that is easy to get into and out of to the procedure. You may want to wear or bring socks.

Use Baby wipes during the preparation-pat, don't wipe.

Use A&D Ointment or a similar product (no Vaseline) after bowel movements to reduce irritation of the anal area during the preparation.

Drinking through a straw can help with the taste of the preparation and you can get it down faster!

Ladies- Colonoscopy can be performed during your menstrual cycle. Please bring your supplies. Tampons are acceptable.

Please remember, it is very important that these instructions be closely followed in order for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possibly incomplete examination.

We will be contacting you 3 business days prior to your procedure to answer any questions you may have regarding these instructions and your upcoming Colonoscopy. Please review the instructions ahead of time. If you have any questions before that phone call, feel free to call us at 704-783-1840.

Colonoscopy FAQ

I can't find Gatorade Rain. What else can I use? Any *light colored* Gatorade is OK to use.

Why can't I have anything red, purple or blue? The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.

Some of the laxatives in the preparation are available over the counter. Do I have to fill the prescription? We do not mind if you obtain the Dulcolax and/or Magnesium Citrate off the shelf. However, the Miralax used for the preparation is a different strength than the off the shelf version (255 mg vs. 238mg). Trilyte, Movi Prep and Suprep are by prescription only.

I can't have *any* solid food after breakfast? No. If your colon is not adequately cleaned out it will impair our ability to perform a complete examination and possibly result in the need for a repeat colonoscopy.

What if I cannot tolerate the preparation? Please call the office ASAP. If it is before 5pm, the office staff can help you with alternatives. If it is after 5pm, the on call physician is available to assist you.

Why does my driver have to stay the entire time I am at the facility? For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

How long does it take? The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 ½ hours from arrival to discharge.

Does the procedure hurt? Most people don't even remember their procedure! If you experience any discomfort it is usually cramping (like gas pain).

When do I get the results of my test? The physician will speak with you and your driver after the procedure. Biopsy results are usually available in 5-7 days. You will be notified by phone or at your follow up visit of these results.

