

## COLONOSCOPY AND EGD MIRALAX/GATORADE INSTRUCTIONS

If you have **questions at any time**, please call the medical assistant listed at the end of these instructions.

**READ THIS NOW:** PREPARATION IS A SEVERAL DAY PROCESS THAT OFTEN INVOLVES STOPPING CERTAIN MEDICATIONS UP TO A WEEK IN ADVANCE. YOU SHOULD FAMILIARIZE YOURSELF WITH THESE INSTRUCTIONS WELL IN ADVANCE OF YOUR PROCEDURE DATE, AND WE RECOMMEND THAT YOU POST THESE INSTRUCTIONS IN A VISIBLE LOCATION AT HOME TO REMIND YOU OF VARIOUS STEPS REQUIRED.

**Date of Procedure:** \_\_\_\_\_ **Reporting time:** \_\_\_\_\_

**Place of Service:**

\_\_\_ Southwest Endoscopy: 7788 Jefferson NE (on east side of street, between San Antonio and Paseo Del Norte).  
Southwest Endoscopy is a free standing Ambulatory Surgery Center owned by SWGA.

\_\_\_ Lovelace Downtown: Report to the 1st floor "Admitting" at 601 Dr Martin Luther King Blvd.

**•IF YOU ARE FORCED TO CANCEL YOUR APPOINTMENT, PLEASE PROVIDE ADVANCE NOTICE OF 3 WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.**

- If you arrive late for your procedure, you may have to be rescheduled at a later time.
- Your insurance company may require you to make a facility copay for your procedure. Please call your insurance company to determine the amount of any copay. You are required to make this copay at the time that you check in for your procedure. Understanding your benefit information is your responsibility.

### **GENERAL INFORMATION REGARDING COLONOSCOPY PREPARATION:**

1. Proper preparation results in an exam of your colon that is more accurate, safe, and comfortable. **If the prep is inadequate, the procedure may need to be cancelled or repeated at a later date.**
2. Many patients think that they must be clean after taking only part of the prep, or that the prep is complete once they see a clear watery stool. **This is a mistake.** These prep instructions should be followed precisely and completely.
3. If you live very far out of town, you may wish to arrange to stay closer by on the night before the exam.
4. The time elapsed between starting this prep and seeing results varies from person to person, so stay with the program even if your initial results are not "on schedule".

### **SPECIAL CONSIDERATIONS FOR CERTAIN PATIENTS:**

1. If you are taking **Coumadin, Plavix, or Lovenox**, please ask your GI doctor about stopping your medication.
2. If you have **artificial heart valve(s)**, notify your GI doctor.
3. If you are **diabetic** and are not sure how to manage your diabetes pills or insulin surrounding the procedure, you should consult either your GI doctor or the doctor who manages your diabetes.

### **TRAVEL AND TIME OFF:**

1. **You cannot drive yourself home after sedation. Doing so is illegal.** You must arrange for a responsible adult to take you home, either by private car or taxi. The taxi driver is NOT considered to be a responsible adult to care for you. If you do not have a ride home arranged, your procedure will be cancelled.  
**You cannot drive until the next day following your procedure.**
2. You should plan to be at the GI lab for approximately 1.5 to 3 hours for check-in, procedure, and recovery. It is best if a responsible adult accompanies you and **stays** in the waiting room to be available for any additional information. However, if your driver cannot stay, they must be able to return to the GI lab within 15 minutes of being phoned by the lab.
3. You should arrange to be off work the day of the procedure. You will be able to return to work the day following your procedure.

**SHOPPING LIST:**

1. You will need to purchase 1 Bottle of Miralax, 8.3oz.(238 grams) powder.  
You can purchase these at Wal-Mart, Walgreens or most drug stores or pharmacies. **No Prescription Required!**
2. 64 oz Gatorade **ONLY**. NO RED FLAVORS. Regular Gatorade or Gatorade G2 is acceptable
3. Purchase an over-the counter generic bisacodyl (Dulcolax) laxative (4 tabs/5mg each) in the oral pill form
4. A supply of clear liquids such as bouillon or clear broth, Gatorade or equivalent sports drink (no red or purple), popsicles (no red or purple), Jello (no red or purple), Ginger Ale, other clear juice or soda (see last page).
5. Optional: A & D Ointment; Tucks medicated pads or baby wipes.

**SEVEN DAYS BEFORE PROCEDURE:** Stop all iron pills or vitamins containing iron.

**FOUR DAYS BEFORE PROCEDURE:** **If you are taking coumadin, stop coumadin unless otherwise instructed.**

**FOR THREE DAYS BEFORE PROCEDURE**

1. No fruits, vegetables, corn. No foods that contain seeds (tomatos, green chile, sesame seed buns, etc.)  
You can eat: beef, chicken, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese, cereal.

**ONE DAY BEFORE PROCEDURE**

1. You may have only clear liquids for breakfast, lunch and dinner. (See last page for Clear Liquid Diet).  
**No solid food.**
2. At 12 Noon take a total of 20mg(4 tabs/5mg each) of the generic bisacodyl(do not chew or crush). This may cause bowel movements in the afternoon, but you should be able to work, attend school, etc.
3. Drink at least 6 glasses of water during the afternoon.
4. Early in the day but no later then 3:00 pm, mix 1 Bottle of Mirlax 8.3oz with 64oz of Gatorade in a large pitcher or bowl. Place the prepared prep in your refrigerator to chill for better taste.
5. Optional: Just before starting your prep outlined below, apply A & D ointment to perianal skin.
6. **If your procedure is schedule for the morning:** Drink the Miralax-Gatorade mixture after your clear liquid dinner. Drink one 8oz glass every 10 to 15 minutes. If this is difficult, try every 20 minutes.  
To clear your palate of the taste, try sucking on a lemon or lime wedge between glasses. If you get nauseated or too full while drinking the solution, you may stop and rest for 30 minutes, then resume. It is important to **completely** finish the whole 64oz preparation.
7. **If your procedure is scheduled for the afternoon:** you may drink your Miralax-Gatorade (as described Immediately above) on the morning of your procedure, starting at least 5 hours before your appointment time.

**DAY OF PROCEDURE:**

1. **If your procedure is schedule for the morning**, take nothing by mouth prior to your procedure, except for your usual medications with small sips of water.
2. **If your procedure is schedule for the after afternoon**, you may have a clear liquid breakfast in addition to your Miralax/Gatorade (see number 7 above). After you finish drinking your prep, take nothing else by mouth prior to your procedure except for your usual medications with small sips of water.
3. Please complete the Southwest Endoscopy Patient Medication History form and bring with you to the procedure.
4. Wear comfortable loose fitting clothing. You may wish to take a change of clothes if you are prone to incontinence
5. Do not bring or wear jewelry. Leave other valuables, wallets, etc., with the responsible adult who accompanies you.
6. If you are on routine daily medications, you may take them with enough water to get them down at least two hours before the procedure. **Do not skip any heart, blood pressure, or seizure medications** unless otherwise instructed by your GI doctor.

**Your Physician is:**

**Gabrielle M. Adams, MD**  
**Joseph M. Alcorn, MD**  
**John A. Burdon, MD**  
**Howard K. Gogel, MD**  
**Antoine Jakiche, MD**  
**Robert M. Lynn, MD**  
**James E. Martinez, MD**  
**Andrew C. Mason, MD**  
**Hossein Mojtahed, MD**  
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**Medical Assistant**

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## CLEAR LIQUID DIET

- Water
- Coffee, Decaffeinated coffee (no milk, or creamer)
- Tea (no laxative teas)
- Soft drinks (regular or sugar-free: orange, ginger ale, cola, Sprite, 7-Up, etc.)
- Apple juice, white grape juice, cranberry juice (No Orange Juice)
- Gatorade, Kool-Aid (lemon or orange only), lemonade, limeade
- Clear, fat-free beef or chicken broth
- Bouillon, clear consommé
- Snow cones, Popsicles (no ice cream or sherbets)
- Hard candies
- Jell-O (lemon, lime, or orange; no fruit or toppings)

Please do NOT CONSUME RED OR PURPLE Gatorade, Kool-Aid, popsicles, or Jell-O.

Please avoid any liquids not on the diet.

Alcohol is not permitted.

If you have any questions, please call the office.