



SOUTHWEST ENDOSCOPY

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Diplomates of the American Board of Internal Medicine in Gastroenterology

COLON EGD MIRALAX GATORADE PREP

Procedure Date: _____

Arrival Time: _____

Physician: _____

_____ **Southwest Endoscopy**
7788 Jefferson NE
Albuquerque, NM 87109
(On east side of street, between
San Antonio & Paseo Del Norte)
(505)999-1600 phone

_____ **Lovelace Downtown**
601 Martin Luther King Jr Ave
Albuquerque, NM 87102
(Report to the 1st floor “Admitting”)
(505)727-8000 phone

Preparation Instructions:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If there are any growths or other abnormalities found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. Please remember to arrange for a responsible adult to be here with you during the procedure. If you do not have a responsible adult driver, your procedure will be canceled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you need further assistance please call the office at (505)999-1600.

1 Week Prior

Purchase the following:

- *Miralax Powder, 8.3oz (238 gm) bottle
- *Ducolax (Bisacodyl) Laxative 5mg, 4 tablets
- *64oz Gatorade or Gatorade G2
- *OPTIONAL for sore bottom – Plain or Aloe Baby Wipes, Desitin or A&D Ointment

Discontinue iron supplements or vitamins containing iron.

If you have diabetes please consult with your doctor for further instructions on managing medication.

Let us know if you are on Plavix or Coumadin.

Do not stop taking any medications unless otherwise instructed by your GI doctor.

3 Days Prior

No fruits, vegetables, corn

No foods that contain seeds like tomatoes, green chili, sesame seed buns, etc

You can eat beef, chicken, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

LAST CHANCE TO CANCEL APPOINTMENT

Please call our office if you need to reschedule your appointment (505)999-1600
A \$100 fee will be assessed for cancellations with less than 48 business hours notice.

2 Days Prior

Drink at least 8 large glasses of water throughout the day.

NO SOLID FOODS AFTER MIDNIGHT

CLEAR LIQUID LIST

Water

Coffee, Decaf Coffee (no milk or cream)

Tea (no laxative teas)

Soft Drinks – Regular or Diet

Apple, White Grape or Cranberry Juice

Gatorade, Kool-aide (NO RED OR PURPLE)

Lemonade, Limeade

Clear Fat Free Beef, Chicken or Vegetable Broth or Bouillon

Snow Cones, Popsicles (No Ice Cream or Sherbet)

Hard Candies

Jello (NO RED, Fruit or Toppings)

Alcohol is not permitted

DO NO CONSUME RED OR PURPLE

PLEASE AVOID ANY LIQUIDS NOT ON THIS LIST

1 DAY PRIOR

BEGIN CLEAR LIQUID DIET – NO SOLID FOODS

*12pm: Take 4 Bisacodyl laxative tablets with 8oz of water.

*Drink at least 6 large glasses of water during the afternoon.

*Thoroughly mix 8.3oz of Miralax with 64oz of Gatorade or Gatorade G2.

Morning Procedure: After your clear liquid dinner, drink an 8oz glass of Miralax Gatorade mixture every 10-15 minutes, if this is difficult try every 20 minutes. Continue drinking until you finish the whole 64oz.

Afternoon Procedure: You may drink your Miralax Gatorade mixture on the morning of your procedure, starting at least 6 hours prior to your appointment time. Follow the above directions.

Procedure Day

***Morning Procedure,** take nothing by mouth except for your usual medications with small sips of water (see below).

***Afternoon Procedure,** you may only drink clear liquids in addition to your Miralax Gatorade. After you finish drinking your prep, take nothing by mouth except for your usual medications with small sips of water (see below).

*Take completed Southwest Endoscopy Patient Medication History with you to the procedure.

*Do not bring or wear jewelry. Leave valuables with the responsible adult who accompanies you.

*Take your medications at least 2 hours prior to your procedure. **Do not skip heart, blood pressure or seizure medications.**

*You will need your **Current Insurance Card, Picture ID** and **Copayment.**