



Reddy GI Associates

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MIRALAX & GATORADE® COLON PREP

IMPORTANT: Please read the instructions thoroughly at least 1 week before your procedure. If you do NOT follow the directions for your bowel preparation, your colonoscopy WILL BE CANCELLED.

Key Instructions:

- Your bowel must be completely empty for the doctor to clearly view your colon. Follow all the instructions to ensure a successful procedure.
- DO NOT EAT any solid food the entire day before your colonoscopy.
- Buy your Bowel Prep at least 5 days before your colonoscopy.
- Do not mix the solution until the day before your procedure.

YOU WILL NEED A DESIGNATED DRIVER ON THE DAY OF YOUR EXAM. You are not allowed to drive, take a taxi or bus or leave the endoscopy area ALONE.

Medications:

Some medicines may need to be stopped or adjusted to prevent complications, such as bleeding, hypoglycemia, etc, during the procedure. You must call the doctor who ordered these medications so they can advise you and our office as to what adjustments need to be done.

- **BLOOD THINNERS – Coumadin (warfarin), Plavix (clopidagrel), Ticlid (ticlopidine hcl), Agrylin (anagleride), Xarelto (rivaroxaban), Pradaxa (Dabigatran), and Effient (prasugrel) & Aspirin.** These medications needs to be stopped 3 days before the procedure and 1 day after or as directed if polyps or biopsies are done. Please advise your doctor to contact our office.
- **INSULIN OR DIABETES PILLS -** Monitor your blood glucose very closely. Keep glucose tablets handy while doing your prep. You may need to hold off on the insulin during the fasting period. Please advise your doctor to contact our office.

Five Days Before Your Colonoscopy

- Avoid anti-diarrheal medicines such as Imodium, Kaopectate, Lomotil or Pepto Bismol.
- Do not take fiber supplements, such as Metamucil, Citrucel, or Konsyl.
- Do not take products that contain iron – such as prenatal vitamins, multivitamins that contains iron.
- Do not take Vitamin E, Fish oil, Gingko Biloba, Garlic capsules, NSAIDs (motrin, ibuprofen, naproxen, aleve,etc).

Three Days Before your Colonoscopy

- Do not eat high fiber foods – such as popcorn, beans, seed, multigrain bread, nuts, salads/vegetables, or fresh and dried fruits.

One Day Before Your Colonoscopy

- You can only drink **CLEAR LIQUIDS** the entire day before your colonoscopy. **DO NOT EAT ANY SOLID FOODS.** Drink at least an 8-oz glass of clear liquids every hour after waking up. Example of your clear liquids are:
 - Water, apple juice, white grape juice, clear broths, coffee or tea **WITHOUT MILK OR CREAMER**, clear carbonated beverages like ginger ale, lemon-lime soda, lemonade, Gatorade or other sports drinks with the exception of **RED AND PURPLE** colored drinks, Kool-Aid or other flavored drinks again with the exception of **RED & PURPLE** colors.
 - You may have plain jell-o or other gelatins, (**NO RED OR PURPLE**).
 - You may have popsicles. (**NO RED OR PURPLE**)
 - Absolutely no alcohol the day before and the day of the procedure.

Evening Before your Colonoscopy

When to Mix & Drink the Bowel Prep Miralax & Gatorade:

- Get 238 gms (8.3 oz) Miralax or Glycolax & 1 bottle 64 oz Gatorade or Powerade (NO RED OR PURPLE). Mix and refrigerate for at least 2 hours before drinking.
- 4 Dulcolax tablets – will be provided for you by our staff, please remind and ask them for it.
- (YOU MAY HAVE A SUGAR FREE GUM OR CANDY WHILE DRINKING THE PREP TO OFFSET THE TASTE).

START YOUR PREP:

- Take 4 Dulcolax tablets at 4 PM.
- Start drinking the solution at 4 PM. Drink 8-oz every 10-15 minutes. You must finish drinking the solution by 9 PM.
- Continue drinking clear liquids until midnight only and nothing by mouth after that time.

CONTINUE DRINKING CLEAR LIQUIDS UNTIL MIDNIGHT ONLY AND THEN YOU NEED TO GO ON A FAST OR NOTHING BY MOUTH (NPO)!!! **If you have not fasted for at least 8 hours, your procedure will be cancelled.** This is for your safety and to prevent the risk of having food or liquid from your stomach move to your lungs during the procedure which may cause ASPIRATION.

DAY OF YOUR PRECEDURE:

- Continue fasting, NO COFFEE, GUM, CIGARETTES.
- If you are diabetic, have glucose tablets handy.
- Have your designated driver’s information available so the endoscopy staff can help you contact them when you are ready to be discharged.
- Call our office at 480-393-0575 to schedule your follow-up visit within 2 weeks after the colonoscopy.
- If you experience any abdominal pain or rectal bleeding, please go back to the ER for further evaluation.

NPO FOR 8 HOURS.....NO FOOD OR DRINK BY MOUTH OR BY TUBE FEEDING 8 HOURS BEFORE THE PROCEDURE!

PLEASE NOTE:

- If you are unable to make it to your procedure, please call and cancel your procedure 48-72 hours prior to.
- A colonoscopy screening may change to a diagnostic test if a biopsy is taken and for some insurances, you maybe responsible for a 20% co-insurance. Please call and check with your insurance carrier.
- You may receive multiple bills, hospital, anesthesiologist and the physician, this is not within our control, please contact your insurance carrier regarding your coverage.
- We have no control over the hospital & anesthesiologist bills, please contact them directly to discuss your bill.
- We do not give results over the phone, please follow-up to discuss the colonoscopy findings within 2 weeks after your procedure.

YOUR PROCEDURE DETAILS:

PROCEDURE: Colonoscopy screening Colonoscopy Colonoscopy w/ biopsy

LOCATION: Mountain Vista Medical Center – 1301 S. Crismon Road, Mesa, AZ 85209

Mercy Gilbert Medical Center – 3555 S. Val Vista Drive, Gilbert, AZ 85297

Paramount Surgery Center - 1114 S. Higley Road, Mesa, AZ 85206

Banner Goldfield Medical Center – 2050 W. Southern Ave., Apache Junction, AZ 85120

DATE: _____ TIME: _____

Please arrive at the facility at _____am/pm. Bring your ID, insurance card, co-pay and facility paperwork.

INSTRUCTIONS GIVEN BY: _____