

Miralax

Read at least 5 days prior to your colonoscopy

*There is no prescription needed for Miralax; it is purchased over the counter**

Read by: _____

Date of Colonoscopy: _____ Arrival Time: _____

Time of Colonoscopy: _____ Cancel by: _____

(\$100.00 FEE if not cancelled by this date)

Location:

_____ Presbyterian Hospital Dallas, 8200 Walnut Hill Lane, Dallas, TX 75231,

1st floor, Main GI lab, Phone (214) 345-2669

_____ North Central Surgical Center (attached to the Carrell Clinic),

9301 N Central Expy, Tower 1, 2nd floor (follow signs to the endoscopy/ pain management suite at the end of the hall), Dallas, TX 75231 *Phone (214) 265-2810*

You are scheduled for a *colonoscopy*, an examination of the colon (large intestine) with a lighted flexible scope. During colonoscopy, if an abnormality is seen, it is biopsied and removed. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope. Plan to be with us for a total of three to four hours. You will arrive at the Gastroenterology lab about 60– 90 minutes prior to your colonoscopy. When you arrive, you will need to complete your paperwork and change into a patient gown. The nursing staff will perform a brief assessment, place an I.V., and take you into the procedure room where you will be sedated and undergo colonoscopy. The colonoscopy itself takes about 30 – 60 minutes. After colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with Dr. Gottesman after the colonoscopy. Please have a family member or friend stay with you who can speak with the doctor and nurses after the procedure. *By law, you cannot drive the rest of the day.* We advise you to take the entire day off from work. If a large polyp is removed at colonoscopy, you cannot fly in an airplane for 10 days.

Things to purchase in advance:

- 4 dulcolax tablets (no prescription needed)
- 1 10oz bottle of Magnesium Citrate (no cherry flavor)
- 1 238 gr. Bottle of Miralax (no prescription needed)
- 2 64 oz bottles of Gatorade or Crystal light (not red colored)

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On: _____ Five days before colonoscopy:

* Arrange for your ride- YOU MAY NOT DRIVE THE DAY OF COLONOSCOPY

* **Stop taking: ALL Supplements, Vitamin E, fish oil, omega 3, Coumadin (warfarin), Pradaxa, Effient, aspirin, baby aspirin, Plavix, Aggrenox, ibuprofen, naproxen, Motrin, iron, vitamins with iron and most arthritis medication.** If Dr. Gottesman told you to continue these medications then you may do so. If you stop Coumadin or Pradaxa you will sometimes be instructed to use another medication. Any questions call today! Tylenol (acetaminophen) may be used for pain.

* Notify us if you have a history of **heart valve problems**. New guidelines from the American Heart Association recommend NO antibiotics during colonoscopies, with rare exception.

* Read all prep information and call with questions.

On: _____ Two days before colonoscopy:

At: 9:00P.M. TAKE 4 DULCOLAX TABLETS

***WHAT TO EAT:** Pasta, white bread, beef, chicken, and fish (NOT FRIED), cooked vegetables and cooked fruit are ok

***WHAT NOT TO EAT:** High fiber meals, nuts, popcorn, raw fruit, raw vegetables, whole grains, salads, fiber supplements

* Make a list of all medications you take (prescription and over the counter medications) to bring with you to the surgery center or hospital on the day of your colonoscopy. Also make a list of ALL allergies **including allergies to soy and eggs**.

* **BODY PIERCINGS:** must be removed

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On: _____ **The day before colonoscopy:**

* CLEAR LIQUIDS ONLY!!!! ALL DAY!!!!!! **NOTHING RED!!!!!!**

* Drink at least 8 glasses of water, Gatorade, juices from list below (2 quarts)

What **to eat/drink**: Clear bouillon, broth or consomme, Italian ices, popsicles, Jell-O, hard candy. Juices: white cranberry, white grape, apple, strained lemonade or Lime-aid (no pulp in juices)

What NOT eat/drink: NO SOLID FOOD OF ANY KIND

Medications: Take your usual medications, except those you were told to stop on the 5 days prior instructions above. Call if you are not sure what to take.

DIABETICS: You will take ½ of your usual diabetes medication (pill or Insulin)

At 3:00PM : Drink 10 oz of Magnesium Citrate (best if chilled)

6:00PM: Mix the 238gram bottle of Miralax with 64oz. of Gatorade or crystal lite. Shake till it's dissolved. Drink four, eight ounce glasses every 15-20 minutes until it is gone. Drink at least an additional 32oz of any clear liquid (without Miralax) over the next 2 hours.

On: _____ **The day of your colonoscopy:**

*At: _____ **A.M. (YES IT MUST BE AT THIS TIME AND YES YOU WILL BE FINISHED GOING TO THE RESTROOM BEFORE YOU GET ON THE ROAD)**

Drink the 4 remaining glasses of Miralax/Gatorade, one 8oz glass every 10-15 minutes. Drink an additional 32oz of any clear liquid (without miralax) over the next hour. **DO NOT EAT OR DRINK ANYTHING 3 hours prior to your procedure.**

* Medications **to take**: all of your usual prescriptions, including your blood pressure, heart and anti-seizure medications, except those you were told to stop 5 days prior to colonoscopy

* Medications **NOT to take**: blood thinners, insulin, oral diabetic medications

***DIABETICS:** Do **NOT** take your diabetes pills or your insulin injection this morning. **Bring them with you to take AFTER you have eaten, following your colonoscopy.**

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Frequently Asked Questions

1. One of the medications I was instructed to take the morning of my procedure is red. Can I take it? Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.

2. I feel like vomiting and do not think I can drink any more. What should I do? It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes and begin drinking the solution again. If not improved, call us and have a phone number of an open pharmacy in case we need to call in a prescription.

3. I drank a lot of the solution and have not gone to the bathroom yet. What should I do? Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.

4. I am taking the prep and now having loose, watery stools. Do I still need the rest of the prep? Yes, you may have solid stool higher in the colon that needs to be eliminated.

5. I already have diarrhea before taking the prep, do I still have to take the laxative? Yes, you must take the prep as directed by your doctor. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.

6. I see yellow color in the toilet bowl and a few flecks. What do I do? If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.

7. My bottom is so sore. What can I do? To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Desitin liberally.

8. Can I chew gum or suck candy? Yes, but nothing with soft centers or red color.

9. What if I am still passing stool the morning of my test? Take a tap water enema until you run clear. If this does not work, call the office.

10. Can I brush my teeth? Please do.

11. Can I wear my dentures? Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.

12. I have been instructed not to take anti-inflammatories or blood thinners several days before the procedure. What can I take for headaches and pain relief? You may take Tylenol as directed.

13. Can I have chicken soup? You can only have the broth; no noodles, chicken, or vegetables allowed.

14. Can I have the colonoscopy if I am menstruating? Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).