



Colonoscopy – Miralax and Gatorade Prep

Your doctor has ordered a colonoscopy examination to assist in the diagnosis and management of your system. A colonoscopy is a procedure in which a lighted instrument called a colonoscope is passed through the large bowel or colon. A colonoscopy is needed to diagnose and manage several GI disorders including colon cancer, colon polyps, colitis, diverticulitis, hemorrhoids, rectal bleeding, and infection.

Your colonoscopy has been scheduled for this date: _____

Please **arrive** at this time: _____

Location

- Elms Endoscopy Center (2671 Elms Plantation Blvd.)
- St. Francis Ambulatory Care Center (St. Francis Hospital)

Before Your Procedure:

So that you and your doctor can be fully prepared for your procedure,

Please follow these instructions accordingly:

- *You must complete a bowel preparation in order to have an adequate colonoscopy. Your doctor may prescribe a clear liquid diet for 24-48 hours prior to the procedure. *
- *For your safety, you must stop drinking all liquids 7 hours prior to you procedure unless otherwise stated in the instruction sheet.*

Medication Instructions

TAKE your **Heart, Blood Pressure, Asthma/Emphysema/COPD** and **Seizure** medications with a **small sip** of water the morning of your procedure.*

****HOLD** all **Diabetic** medication until after your exam

****Your regular respiratory inhalers** should be used before arriving and please *bring them with you. You may also take anxiety and pain medications as needed.*

The Procedure:

Once you have registered, the nursing staff will start an IV line in your arm. Next, sedation will be administered. Once you are sedated, the procedure will begin. The exam is usually complete in 20-40 minutes or less with a 15 minutes recovery period.

Complications:

Complications during the colonoscopy are rare. If a polyp is removed from the colon, bleeding can occur. Bloating after the colonoscopy is common due to the gas needed to inflate the colon during the procedure. This gas usually passes within one hour. Finally, a very uncommon complication of a colonoscopy is a perforation or tear in the colon caused by the instrument. This happens every 1 in 2,000 cases. If this occurs, surgery is needed to repair the colon.

Post Procedure:

The doctor will discuss the findings with your family. If needed, a follow-up visit with your doctor will be scheduled. Any biopsies that are taking during the colonoscopy can take up to 3 weeks for results to be processed. These results may be mailed to you or discussed at your next office visit.

Please Remember:

***Because you will be sedated, you will need to have someone come with you and drive you home after the procedure.** Please limit your ride to one person. It is required that ride **stay** in the waiting room during the entire procedure.

*You will receive a confirmation call two days prior to your procedure. If we are unable to reach you, it is your responsibility to call (843)797-6800 ext. 146 to confirm. Your procedure may be cancelled if you do not confirm.

Please Note: *Non emergent cancellations less than 48 hours prior to your procedure and no-shows will be charged a \$75.00 fee that must be paid prior to rescheduling.*



3 DAYS PRIOR TO YOUR PROCEDURE DO NOT HAVE ANY OF THE FOLLOWING:

1. Leafy green vegetables
2. Salads
3. Raw or uncooked vegetables
4. Hold Motrin, Aleve or Aspirin unless prescribed by a physician

DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ALL DAY

Generally, a clear liquid diet consists of any liquid or semi-liquid substance that you can see through. NO DAIRY products and NO ALCOHOLIC BEVERAGES

These liquids are approved for your clear liquid diet. You may have any of the following.

- Strained Fruit Juices (No Pulp)
- Water
- Clear Broth or Bouillon
- Coffee or tea (no added milk, creamer, or non dairy creamer)
- Gatorade or Powerade – NO RED OR PURPLE
- Soft Drinks
- Iced Popsicles
- Jell-O - NO RED OR PURPLE
- Kool-Aid – NO RED OR PURPLE

YOU WILL BEGIN YOUR PREP ON:

You will need the following items for your prep:

1. 8.3 oz of Miralax
2. 64 oz bottle of Gatorade (NO RED)

Step One: Mix your Miralax and Gatorade together.

Step Two: Starting at _____ you will start drinking HALF of your Miralax-Gatorade Mixture. Putting the other half in the refrigerator.

Step Three: Starting at _____ you will finish the other half of your solution.

VERY IMPORTANT: DO NOT DRINK ANY LIQUIDS AFTER