

The Frist Clinic

GASTROENTEROLOGY

OUT-PATIENT COLONOSCOPY MIRALAX INSTRUCTIONS

Colonoscopy is a procedure where a specially trained physician examines the colon (large intestine) with a lighted flexible instrument. Colonoscopy has been utilized as a diagnostic and therapeutic procedure for more than 10 years. It is safe and will give valuable information for your care. Polyps (precancerous growths) can be removed and small samples (biopsies) of other abnormalities can be obtained for microscopic examination. Your doctor has requested an outpatient colonoscopy be performed in your case.

Your test has been scheduled as indicated below:

DAY _____ **DATE** _____ **TIME** _____

Please go to _____ by the time noted above and check in with the receptionist. Your time has been reserved for this test; if there are problems keeping the appointment you should call your physicians (615-342-6010) to reschedule or cancel the test. This courtesy will release the time for another patient. Preparation for the colonoscopy is most important. In order to visually evaluate the inner surfaces of the colon, the large bowel must be very clean. If stool is present in the colon, the test will be discontinued and rescheduled.

PREPARING FOR THE COLONOSCOPY

Eat and drink only clear liquids for the entire day before the test. Examples of clear liquids are: Cranberry juice, apple juice, Gatorade, all soft drinks such as Coke, Pepsi, 7-Up, Kool-Aid, tea (without lemon), coffee (without cream), Jell-O (**NO RED JELL-O**); Kool-Aid type Popsicles (**NO** pudding pops), and clear beef and chicken bouillon (please use the cube type only; no more than 3 cubes for the entire day). Do not have any dairy products or solid foods.

Dr. Lewis will provide you with a prescription for Miralax powder. **Have this prescription filled at your local drugstore and also purchase 4 over-the-counter Dulcolax (bisacodyl) tablets and a 64-ounce bottle of Gatorade (or two 32 ounce bottles.)** On the day before your procedure mix the bottle of Miralax powder into the entire 64 ounces of Gatorade and chill.

You will tolerate the laxative better if you have an empty stomach, so refrain from eating or drinking anything for 2 hours before starting your laxative. At **3 pm** on the day prior to your test, take the 4 Dulcolax tablets. At **5 pm**, start drinking the Gatorade/Miralax solution at the rate of 8oz every 10 minutes until the entire 64 ounces are consumed. Rapid drinking of each portion is better, rather than drinking small amounts continuously. Please do not sip the laxative through a straw; it must be consumed rapidly for the desired effect. The solution will induce a diarrhea that rapidly cleanses the bowel, usually within 4 hours. Once you have completed the laxative, you may resume all clear liquids above, except Jell-O and Popsicles.

DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) FOR 8 HOURS PRIOR TO YOUR TEST. If you are taking insulin, heart medication or high blood pressure medication, ask your doctor about when to take these drugs in relation to your test.

If you have an artificial heart valve or take anticoagulants (blood thinning medication) or take anti-inflammatory drugs such as aspirin, Nuprin, Motrin, etc., please remind your doctor. Special attention to your case may be required.

IF YOU ARE ALLERGIC TO LATEX, CALL THE OFFICE PRIOR TO YOUR TEST!

STOP Aspirin Coumadin & any anti-inflammatory medications 5-7 days before test.

***Discontinue any iron medication (including vitamins with iron) for 7 days prior to your colonoscopy.

Have someone accompany you who can drive you home after your test. A sedative is usually given and driving is not permitted for 12 hours after the procedure.

If you have any questions regarding the test instructions above, please telephone the GI nurse at **(615) 342-6010.**