

**COLONOSCOPY-MIRALAX : \* TRANSPORTATION REQUIRED\***

**FIVE DAYS BEFORE EXAM:**

1. Discontinue any Blood Thinners, Anti-inflammatory medications such as Coumadin, Plavix, Naproxen. (Except Celebrex is okay)
2. Discontinue Aspirin, Ibuprofen, Motrin, Advil, etc. Tylenol (acetaminophen) is okay.
3. Discontinue any Vitamin E, herbal medications, Fiber or Iron Supplements.

**TWO DAYS BEFORE EXAM:**

1. Purchase the following at the pharmacy over the counter:
  - a. **238 g -1 Bottle of Miralax (Polyethylene Glycol)**
  - b. **4 Dulcolax tablets**
  - c. **64 oz bottle of Gatorade or Powerade (Clear or light color-No Red, Purple or Green)**
2. Mix the bottle of **Miralax Powder** in the bottle of Gatorade or Powerade at room temperature. You may have to remove a small portion of Gatorade or Powerade in order to get the Miralax powder to dissolve fully. Then refrigerate if you desire.
3. Between 4:00pm and 7:00pm You may have a LIGHT MEAL for Dinner; Soup, Sandwiches, Eggs, (**No Steak & Potatoes, No salad or Pasta**) OR You may have just a clear liquids diet; Water, Clear fruit juices, Clear sodas, Bouillon or Chicken broth, Plain Jello, Popsicles. You may have plain black coffee, tea.
4. Between 7:00pm and 9:00pm take two (2) Dulcolax tablets (or laxative tablets of your choice) with clear fluids.

**ONE DAY BEFORE EXAM:**

1. If on any Blood Pressure or heart medications, please take your normal dose today.
2. **Diabetics – Take ½ of your usual dose today.**
3. Discontinue Alcohol one day prior.
4. Drink ONLY clear liquids for breakfast, lunch and dinner the entire day. **Clear liquids allowed; Water, Clear fruit juices, Clear sodas, Bouillon or Chicken broth, Plain jello, Popsicles. You may have plain black coffee, tea. NO SOLID FOODS. NO MILK OR MILK PRODUCTS ALLOWED. NO RED, PURPLE OR GREEN COLORS/DYES.**
5. At 10:00 am take two (2) Dulcolax tablets (or laxative tablet of your choice) with clear fluids.
6. Between 1:00pm and 3:00pm Drink one 8oz glass of mixed Miralax/Gatorade prep. Repeat drinking 8oz every 15- 30 minutes until you have finished the entire 64 oz of mixed Miralax/Gatorade prep.
7. After completing the above steps you may only have water, do not have any other liquids containing color or dyes.

**DAY OF EXAM:**

1. \*\*\*\*\***TRANSPORTATION REQUIRED**\*\*\*\*\*
2. If on any Blood Pressure or Heart Medications, please take your normal dosage in the early A.M.- 1<sup>st</sup> thing upon waking up- with a sip of water.
3. Diabetics – Do not take your insulin or diabetic pills the day of the procedure. Bring your insulin with you.
4. Appear for your examination at the time scheduled below. Only if scheduled after 1:00 P.M., you may have 8oz of clear liquids **NO LATER THAN 7:30 A.M. \*\*\* OTHERWISE, NOTHING TO EAT, DRINK, OR CHEW AFTER MIDNIGHT.\*\*\***

**YOUR PROCEDURE IS SCHEDULED ON:**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ BE HERE AT: \_\_\_\_\_

PLACE: Barkley Surgicenter 63 Barkley Circle Suite #104 Ft. Myers, Florida 33907

**YOUR POST PROCEDURE OFFICE VISIT IS SCHEDULED ON:**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ WITH: \_\_\_\_\_

At the Ft. Myers office 4790 Barkley Cir Bldg. A       At the Cape Coral office 1425 Viscaya Pkwy #101

**If you have any questions regarding the procedure, call our office at (239) 275-8882, (239) 458-0822 or Visit our website at [www.giaswfl.com](http://www.giaswfl.com)**

**COLONOSCOPY**  
**Some Things You Should Know.....**

**WHAT IS A COLONOSCOPY?**

Colonoscopy is an examination of the large intestine using a long flexible tube called a colonoscope. This test may be done for a variety of reasons. Commonly it is done to investigate the finding of blood in the stool, diarrhea, abdominal pain, a change in bowel habits, or an abnormality noted on a colon x-ray or barium enema.

**WHAT HAPPENS DURING THE PROCEDURE?**

An intravenous (IV) will be started in your arm. Enough medication will be given to make you drowsy and relaxed.

The examination is performed with you lying on your left side. The doctor will examine your rectum first with a finger and then the colonoscope will be gently inserted. The colonoscope will be carefully passed through the colon and then slowly withdrawn.

If any abnormalities are found, small pieces of tissue may be taken for examination. Small growths (polyps) may also be found in the colon and can safely be removed. Small bleeding sites are often cauterized (burned) to stop bleeding. This is a very safe procedure and in many cases eliminates the need for surgery.

Your stay at the facility will be approximately two hours long, depending on how long it takes to pass the scope around the colon. When medication is given, the procedure is usually not unpleasant and often the patient does not remember having the procedure done.

**AFTER THE PROCEDURE:**

You will be observed for about thirty minutes before going home. You will not be allowed to drive after the procedure. You will be drowsy several hours afterward. Following the colonoscopy, the doctor will talk with you and your family and give them a report of the test findings. A follow-up visit should have been pre-scheduled so the test results can be explained to you when you are fully awake at a later date. This follow-up visit is separate from the procedure and if your insurance requires a co-pay it will be due on the day of the follow-up visit.

**RISKS:**

This is a very safe examination, but there is a small risk of complications, which occur in less than 1% of patients. Reactions to medications may occur. These might be allergic reactions or difficulty breathing. Bleeding is a possibility. Perforation of the colon may occur. A perforation is a serious problem and in some cases would require surgery to close the perforation of the colon.

If you experience severe pain, bleeding, or any problems after the test, please contact the doctor at (239) 275-8882 immediately.