

**FIVE DAYS BEFORE EXAM:**

1. Discontinue any Blood Thinners such as Coumadin, Plavix, Naproxen. Discontinue Anti-inflammatory medications (Except Celebrex is okay)
2. Discontinue any Aspirin, Ibuprofen, Motrin, Advil, etc. It is okay to take Tylenol /Acetaminophen for ache or pain. (81mg Aspirin is okay if you currently have Heart Disease or a Stroke/CVA or Mini Stroke/TIA.)
3. Discontinue any Vitamin E, herbal medications, Fish Oil, Fiber or Iron Supplements.
4. Do not eat any corn, nuts, seeds or foods containing seeds (Example: Watermelon, Squash, Cucumbers, Tomatoes, Rye Bread)

**TWO DAYS BEFORE EXAM:**

1. Purchase the following at the pharmacy over the counter:
  - a. **238 g -1 Bottle of Miralax (Polyethylene Glycol)**
  - b. **2 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.

**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 to exam.
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. ONLY ORANGE OR YELLOW COLORS OR DYES ALLOWED.**
5. At 6:00pm Drink Four (4) 8oz glasses of mixed Miralax/Gatorade prep = 32oz (Half the Gatorade Bottle) put the remaining prep back in the refrigerator for use tomorrow.
6. After you finish drinking the 32oz of Miralax/Gatorade prep- Take two (2) Dulcolax tablets with 8 oz of clear fluids. You are strongly encouraged to drink as much water as you want until midnight.

**DAY OF EXAM:**

1. At 5:00am Drink Four (4) 8oz glasses of mixed Miralax/Gatorade prep = 32oz (Half of the prep) **\*\*\*\*DO NOT Drink or Eat Anything after 6:00am the morning of your procedure\*\*\*\***
2. TRANSPORTATION REQUIRED – you will not be able to drive after the procedure.
3. 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.
4. Diabetics – Do not take your insulin or diabetic pills the day of the procedure.

**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 three 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.