

GASTROENTEROLOGY CONSULTANTS, PA

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Cooper City, Florida 33026
(954) 431-7724

<p><u>PLEASE ARRIVE AT THE OUTPATIENT DEPARTMENT OF:</u></p>	<p><input type="checkbox"/> South Broward Endoscopy 11011 Sheridan St # 106 Cooper City, Fl 33026 954-435-0101</p>	<p><input type="checkbox"/> Memorial Same Day Surgery East 4470 Sheridan St Hollywood, Fl 33021 954-962-3210</p>
<p><input type="checkbox"/> Memorial Regional Hospital 3501 Johnson St Hollywood, Fl 33021 954-987-2000</p>	<p><input type="checkbox"/> Memorial Hospital West 703 N. Flamingo Rd Pembroke Pines, Fl 33028 954-436-5000</p>	<p><input type="checkbox"/> Memorial Same Day Surgery West 501 N. Flamingo Rd Pembroke Pines, Fl 33028 954-430-1700</p>

Date of Procedure: _____

Check in time: _____

Dr: _____ Medical Assistant: _____ Phone #: 954-961-8400 Ext. # _____

PREPARATION FOR COLONOSCOPY USING MIRALAX DULCOLAX

IMPORTANT: Take all prescribed medication, up to and including the day before the procedure unless otherwise directed by the physician. If you are diabetic, speak with your doctor regarding taking your medicines.

If taking Plavix, Coumadin, Aggrenox, Pletal, Aspirin or Persantine, or any blood thinning medications, please discontinue / stop _____ days before the procedure.

IMPORTANT: Inform the doctor if you have heart problems, a defibrillator, pacemaker, heart valve replacement, or a heart murmur.

In order for the doctor to perform a colonoscopy, a bowel "cleanout" must be completed at home prior to the procedure. A bowel cleanout is a combination of a clear liquid diet and oral laxatives.

One Week Before Procedure

The following oral preparation can be obtained at your local pharmacy without a prescription. You will need to purchase:

- 2 Dulcolax laxative (not stool softener) tablets. NOT SUPPOSITORIES.
- 1 Bottle of 238gms of Miralax Powder

Five Days Before Procedure

- Stop taking all products containing ibuprofen, aleve, naprosyn.
- Stop taking arthritis medication, vitamin E, Iron supplements, ginko, garlic pills, omega 3 fish oil,
- Flax seed and ginseng.

You may take Tylenol if needed.

Two Days Before Procedure

- Do not eat any seeded foods (seeded fruits, breads, nuts, popcorn, or corn) for 2 days before the procedure.
- It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. **Try to avoid overeating.**

One Day Before Procedure

- Eat a low fiber/residue breakfast (egg whites, toast, bagel, low fiber cereal, (no seeds) Do not eat raw vegetables, fruits, nuts, buttermilk, cheese, meat or whole grain breads or cereals.
- After breakfast, you must start a **clear liquid diet** (see clear liquid diet instruction sheet)
- You may have a clear liquid diet up until midnight (12:00 am) **NOTHING RED, BLUE OR PURPLE IN COLOR.**

At 3:00 pm:

Step 1

- Take the 2 (two) Dulcolax laxative tablets (not stool softener **or suppositories**).

At 5:00 pm:

Step 2

- Mix the 238gm bottle of Miralax powder into 64 oz. (2 liters) of any of the clear liquids listed below:
Gatorade (not red,blue or purple), **iced tea, crystal lite** (not red, blue or purple), apple juice, **diet crystal lite if diabetic** (not red, blue or purple).
- Shake well until powder dissolves
- Drink one glass (8 oz.) every 15-20 minutes until **ALL** of solution is gone

You must complete the entire prep to ensure the most effective cleansing. Remain close to restrooms/toilet facilities. Be patient, there may be a delayed effect.

A clear liquid diet can be continued up until 12:00 midnight.

- **Nothing to eat or drink after 12:00 midnight.**

The Day of the Procedure

- **DO NOT EAT** breakfast. No food, drink, candy, gum, etc.
- **Please take all asthma medicines, inhalers, seizure medicines, heart and blood pressure medications with a small sip of water.**
- Do not take diabetic medications the morning of your procedure unless directed by your doctor. Bring them with you; also bring your inhalers if you have them.
- Bring a list of all of your medications. Include vitamins, herbal supplements and over the counter medications.
- Plan to arrive at your scheduled arrival time - which will be arranged for you, approximately one hour before your procedure.
- Some centers require you to bring a driver who can remain in the building the entire time you are here. The average visit is about two hours. **You cannot drive home, and you cannot take a taxi.**
- Arriving late or without a driver may require cancelling and rescheduling your procedure.
- **You will need chaperoned transportation.** If needed, transportation can be arranged by some of the endoscopy centers.
- Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home.
- Bring your insurance card and government issued photo I.D. such as a driver's license.
- Depending upon the requirements of the center where you are scheduled to have your procedure, you will be expected to pay all or a portion of any co-pays or deductibles at the time of service.