COLONOSCOPY WITH MIRALAX/GATORADE PREPARATION

Preparation:

There are many things a person would rather do than undergo a bowel prep for a Colonoscopy, but your efforts at cleaning your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety, and success of your preparation.

Purchase at the pharmacy (no prescription needed):

- Miralax, 238 g bottle (Polyethylene Glycol 3350)
- Dulcolax laxative, 4 tablets (Bisacodyl)
- Gatorade, 64oz bottle (not red or orange)

**DIABETICS:** Please purchase 64 oz. of a sugar free beverage instead of Gatorade. (Crystal Light, Propel, Gatorade G, Powerade Zero, and Vitamin Water Zero are some examples)

- Plain or Aloe baby wipes (prevents a sore bottom)
- Desitin or A & D ointment (prevents a sore bottom)

**Aspirin:**

- If you are taking aspirin because of a prior heart attack or stroke we generally recommend you continue to take it.
- If you are taking aspirin simply for preventative medicine please stop 1 week prior to the colonoscopy.

**Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants:**

- Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, we need to make arrangements 1 – 2 weeks before your exam.
INSTRUCTIONS FOR PROCEDURES AT 11:00 AM OR EARLIER

PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY.

THE DAY BEFORE THE PROCEDURE

NO SOLID FOODS. THE DAY BEFORE YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.

Please continue to take all of your routine medications as normal.

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

Your Clear Liquid diet options for the day before your procedure:

<table>
<thead>
<tr>
<th>Tea and Coffee</th>
<th>Clear Juices</th>
<th>Powdered Lemonade</th>
<th>Water/ Vitamin Water</th>
<th>Carbonated Beverages</th>
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</thead>
<tbody>
<tr>
<td><img src="%E8%8C%B6.jpg" alt="Tea" /></td>
<td>🍊 and 🍏 juice</td>
<td><img src="%E7%B2%89%E6%9C%AB%E6%9F%A0%E6%AA%AC%E6%B0%B4.jpg" alt="Powdered Lemonade" /></td>
<td><img src="%E6%B0%B4.jpg" alt="Water" /></td>
<td>🍊 and 🍏 drinks</td>
</tr>
<tr>
<td>NO DAIRY</td>
<td>NO PULP</td>
<td>NO PULP</td>
<td>NO RED, ORANGE OR PURPLE</td>
<td>NO DARK COLORED</td>
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<tr>
<th>Sports Drinks</th>
<th>Popsicles</th>
<th>Jell-O</th>
<th>Broths/ Coconut Water</th>
<th>Honey/Sugar</th>
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NewWEST Physicians

We Put Your Health First
**THE NIGHT BEFORE YOUR PROCEDURE**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
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</table>
| **1** | **TIME** 3:00 PM the day before your procedure  
Chill 64 oz. of Gatorade or other sports drink. |
| **2** | **TIME** 3:00 PM the day before your procedure  
Take 4 Bisacodyl with a glass of water. |
| **3** | **TIME** 5:00 PM the day before your procedure  
Mix together the ENTIRE BOTTLE of Miralax (PEG 3350) with 64 oz. of chilled Gatorade or other sports drink. |
| **4** | **TIME** 5:00 PM the day before your procedure  
Begin drinking, and drink **HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone**.  
Drink an additional **16 oz. of CLEAR liquids through the rest of the evening**. |

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours after completing the Miralax/Gatorade solution. Stay close to a bathroom once you start the prep. You may use non alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A&D ointment to prevent chaffing.
INSTRUCTIONS FOR PROCEDURES AT 11:00 AM OR EARLIER

THE MORNING OF THE PROCEDURE

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Time
2:00 AM the morning of your procedure
Drink the OTHER HALF OF THE MIXTURE (32 oz.)
Drink an 8 oz. glass of the solution every 15 minutes until gone.
FINISH NO LATER THAN 4 HOURS PRIOR TO YOUR PROCEDURE

THE DAY OF THE PROCEDURE

4 HOURS BEFORE YOUR PROCEDURE
NOTHING BY MOUTH
You can have clear liquids only until 4 hours before your procedure.
NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE. (NO GUM OR MINTS)
- You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water.
- You may brush your teeth.

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.
Your procedure will take place at the following location:

Red Rocks Surgery Center
400 Indiana St., Suite 100
Golden, CO 80401
Phone: (720) 420-3000
Fax: (720) 420-3001

A brochure follows and will answer any questions you may have about this facility.
A copy of the instructions and any prescriptions will be given to your family or friend at this time as well.

Once you are home, should you have any questions or problems, you should first try to contact your Physician. There is always someone on call to assist you.

**IF YOU THINK YOU NEED EMERGENCY HELP CALL 911 OR HAVE A RESPONSIBLE ADULT DRIVE YOU TO THE NEAREST HOSPITAL EMERGENCY ROOM.**

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**About Children Having Surgery**

At Red Rocks Surgery Center we meet the unique needs of children in our nurturing comfortable environment. We encourage children to bring along a favorite toy or blanket to help them feel more at home. They may be more comfortable arriving in their sleep clothes as well.

Prior to arrival at Red Rocks Surgery Center, we encourage parents to discuss the surgery with the child to help alleviate unnecessary stress. Parents are able to stay with their child until surgery and may rejoin the child as soon as it is appropriate.

It is best if two adults accompany a child when traveling home, so one can drive while the other cares for your child during the trip.

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Red Rocks Surgery Center is a physician owned entity in partnership with HCA-HealthONE. Your physician may have a financial interest in this Surgery Center.

Red Rocks Surgery Center/Medical Center is a non-smoking campus.
The Business Office staff will call your insurance company to verify your insurance coverage and determine the amount of co-payment you are responsible for. Unless other arrangements have been made prior to your admission to the Surgery Center, you will be expected to remit the payment when you arrive. We accept cash, checks, money orders, Visa Master Card and Discover.

Your bill from Red Rocks Surgery Center is only for the facility fee. The facility fee covers all medical supplies, medication, IV fluids, dressings, equipment used and nursing care received while you were here.

You will receive a separate bill from your physician, anesthesiologist as well as any laboratory tests, X-Rays, x-rays readings by the radiologist, EKGs, pathology or tissue testing that your physician may have ordered.

You must provide us with your insurance card and a picture identification card at the time you register at the Surgery Center.

Preoperative Testing: Your physician will determine if any pre-operative testing will be necessary prior to your procedure. Minors must have a parent/authorized representative sign a consent prior to the procedure. We request that the parent or authorized representative remain at RRSC during surgery.

 Patients are not permitted to leave RRSC alone. You must have a responsible adult with you – someone who can ensure your safe arrival home and can provide care for you throughout the 24 hours following the procedure. If you haven’t made these arrangements your procedure may be cancelled.

Please limit the number of family members at the Surgery Center.

If you think you might be pregnant, please contact your physician or obstetrician before undergoing any operative procedures. Medications and anesthesia may be harmful to a fetus, especially in the first 12 weeks of pregnancy. RRSC requires pregnancy testing before the procedure for all women of childbearing age (if reproductive organs are intact).

Do not smoke, chew gum or tobacco after midnight the night before your procedure. These activities cause increased stomach secretions and this could increase your chances for post-anesthesia nausea.

Bathe the night before, or the morning of your procedure. This is not necessary for small children. Do not wear contact lenses, makeup, or jewelry (including all body or tongue jewelry).

Wear loose, comfortable clothing and flat-heeled shoes. Make sure that you can get sleeves and pants back on if there is a bulky dressing.

If you wear dentures, they may be removed in the operating room but will be returned to you as soon as possible after the procedure.

Notify your physician of any change in your physical condition (cold or fever) or if you have been exposed to any communicable diseases before the procedure.

It is recommended that a responsible adult remain in the Center waiting area during your procedure, so we can be sure they have the opportunity to speak with the Physician following the procedure, if that is your desire.

Please follow these instructions to ensure a safe and on time surgery. Call 720.420.3000 with questions:

• Do not eat or drink anything after midnight the evening before surgery. We will inform you of any exceptions to this rule. Do not drink any alcoholic beverages 24 hours before surgery.

• Take any medications for your heart, blood pressure or lungs that you usually take before coming to the surgery center BUT with a VERY small amount of water. Take any diabetic medications as directed by your doctor or the Surgery Center nurse who will be discussing you condition with the anesthesia provider.

• Your physician will provide you with detailed information about your procedure. If you have questions, please ask.

• Prepare to arrive at the Center at least 1.5 hours before your procedure.

• You will sign an operative consent form before the procedure.

• Patients are not permitted to leave RRSC alone. You must have a responsible adult with you – someone who can ensure your safe arrival home and can provide care for you throughout the 24 hours following the procedure. If you haven’t made these arrangements your procedure may be cancelled.

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