

Gatorade/Miralax (polyethylene glycol) Preparation for Colonoscopy

What is a colonoscopy?

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) are examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as: rectal and intestinal bleeding, abdominal pain or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps and cancer.

What happens during a colonoscopy?

During a colonoscopy, a physician uses a colonoscope (a long, flexible instrument about ½ inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary, during a colonoscopy, biopsies can be performed, and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for major operation.

Are there any possible complications?

The possible complications of a colonoscopy include perforation (rupture) of colon, bleeding, and side effects of sedation. In very rare circumstances, death could result from a complication.

One week before the procedure:

- Tell your physician if you are allergic to latex.
- Tell your physician if you have an artificial heart valve.
- Do NOT take diabetes pills the day of the procedure. Your primary care physician should be contacted to help you with this adjustment.
- **Blood thinning medications such as Coumadin (Warfarin), Plavix (clopidogrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), and Effient (Prasugrel) should not be taken 2-5 days prior to your procedure-You MUST check with your primary doctor to make sure that these can be safely stopped.**
- **Purchase these items:**

1. One bottle of MIRALAX (polyethylene glycol) 238 grams (8.3 ounces)
2. Small box of Dulcolax (bisacodyl) you will need 4 tablets (5mg)
3. One 64 oz or two 32-ounce bottles of Gatorade (**NOT RED or PURPLE**)!!

Physician: _____

Date: _____

Bowel Preparation:

The day before the procedure:

In a pitcher mix the 238 grams of Miralax with the 64 ounces of Gatorade. **STIR/SHAKE** until the entire contents of Miralax are completely dissolved. **MAY CHILL IF DESIRED. DO NOT ADD ice, sugar, or any other flavoring.**

Clear liquids ALL DAY-DO NOT EAT FOOD!

Clear liquids include: (HYDRATION IS IMPORTANT MAKE SURE YOU DRINK CLEAR LIQUIDS!)

- Water
- Fruit juices such as: apple, white grape juice, etc. (Avoid red or purple)
- Broth
- Coffee or tea (without milk or creamer)
- Gatorade or other sports drinks
- Carbonated beverages such as ginger ale, Mountain Dew or Lemon-Lime soda
- Kool-Aid or other flavored drinks
- Jell-O (Avoid red or purple)
- Popsicles (Avoid red or purple)

At noon: take 4 tablets of Dulcolax laxative pill with water by mouth.

At 6pm: drink the first half of the solution. Drink one 8-ounce glass every 10 minutes until half of the solution is consumed. You may continue to drink clear liquids only until midnight.

Day of the procedure:

At 4am (or at least 4 hours prior to your procedure), take the second half of the solution. Drink one 8-ounce glass every 10 minutes until complete. Please do not consume anything else by mouth after the Gatorade/Miralax solution is completed.

- Wear loose, comfortable clothing – NO JEWELRY!
- You MUST have a driver with you that does not leave. Please limit visitors to 2 per patient.

- Bring ALL your medications, insurance cards, and a list of your allergies with you.
- **Someone must stay with you for 24 hours after the test.**



ENDOSCOPY SERVICES

We appreciate you choosing North Alabama Medical Center and hope this information will help you prepare for your procedure. Included below is: (1) Who to call for your arrival time at the hospital on the date of service, (2) How to pre-register with the Business Office and with the Endoscopy Unit, (3) How to dress, and (4) What to bring with you the date of service.

PLEASE CALL NORTH ALABAMA MEDICAL CENTER ENDOSCOPY THE DAY BEFORE YOUR PROCEDURE AT: (256) 629-1600 BETWEEN THE HOURS OF 11:00AM AND 1:00PM FOR YOUR ARRIVAL TIME AT THE HOSPITAL.

Pre-Admission Registration (Business Office):

A pre-registration counselor will try to contact you several days before your date of service or you can call them at one of the following numbers: **(256) 768-8280, (256) 768-8028 or (256) 768-8095**. You can also complete a pre-registration form online at: www.namccares.com/patients-families/registration. You will also be contact by someone to review your insurance coverage.

Endoscopy Pre-Procedure History:

A pre-admission nurse will try to contact you several days before your date of service to obtain your medical history, or you can complete a pre-procedure history form at: www.namccares.com/services-and-centers/endoscopy

Wear comfortable, loose-fitting clothes. If you wear a short-sleeved t-shirt or camisole, you can leave these and your socks on. Please leave jewelry and other valuables at home. You will be asked to remove all metal before the procedure.

- You must have a driver if you're having a procedure that requires sedation (all procedures require sedation except Pillcam, motility and some sigmoidoscopies) – The procedure WILL NOT be performed without a driver who can remain in the lobby during the procedure. You should not be alone the day of the procedure.
- Bring a list of your medications that are taken on a daily basis (prescription and over the counter) that includes the name of the medication, dosage and when it is taken. You don't have to bring meds if you gave this info. to the phone call nurse prior to the day of the procedure.
- Bring your insurance card(s) and picture identification. These will be copied when you check in!

ATTENTION

You have been scheduled for a procedure today to be done by Dr. Haggstrom, Dr. Wilkes or Dr. Ionescu. Please be aware that there will be separate charges for the procedure, one for the physician that has performed the procedure, and one for the hospital.

If you have been scheduled for a screening colonoscopy, which means that you have no problem, you should verify with your insurance that the procedure will be covered. Some insurance policies will not cover screening colonoscopies.

If you have any questions regarding the procedure, you may contact our office at: **(256) 766-8667**.

Also – it is the patient's responsibility to make sure that Dr. Haggstrom, Dr. Wilkes and/or Dr. Ionescu are in your insurance coverage network.

If you are paying out-of-pocket for your procedure, visit MDsave.com to assist you with a pre-negotiated price.