

Notify our office if you have had an orthopaedic joint replacement or artificial heart valve within the last 6 months; an implanted cardiac defibrillator; history of heart failure or kidney disease; Rheumatic Fever or Diabetes.

**COLORECTAL SURGICAL ASSOCIATES, P.S.C.**

*Drs. John Fox, David Svetich, Charles Papp, John Dvorak & Bruce Belin*

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[www.colorectalsurgical.com](http://www.colorectalsurgical.com)

Procedure: **COLONOSCOPY** or **BARIUM ENEMA**

Prep: **MIRALAX/GATORADE**

**PURCHASE AT THE PHARMACY:** Four Dulcolax tablets, 255 gram bottle of Miralax (prescription) and 64 oz of Sugarfree Gatorade.

**FIVE DAYS PRIOR TO THE PROCEDURE:** Restricted residue diet – DO NOT eat nuts, seeds, popcorn and corn.

**ONE DAY PRIOR TO THE PROCEDURE:**

- Clear liquid diet all day (see below\*\*)
- At 10:00 a.m. take 4 Dulcolax tablets (available over the counter)
- At 12:00 p.m. mix the 255-gram bottle of Miralax in 64 oz Gatorade (Sugarfree) or All Sport. Shake the solution until the Miralax is dissolved. Drink 8 oz every 10-15 minutes until the entire solution is gone.
- Continue clear liquids until bedtime.

**ON THE DAY OF THE PROCEDURE:**

- Do not eat or drink anything that day.

**READ CAREFULLY:**

- Please take any prescribed medications the day before your procedure and even the morning of your procedure. Take nothing by mouth after midnight before your procedure except sips of water with your regular medications. You should go ahead and brush your teeth the morning of your procedure.
- No aspirin, Motrin (Ibuprofen) or blood-thinning products should be taken preferably 10 days before a colonoscopy. You may take tylenol, acetaminophen, and Aleve. Call your doctor or cardiologist for the safest length of time to be off your meds.
- Inform us immediately if you are on coumadin or take any heart medications or have an artificial heart valve.
- No iron pills or Metamucil for 48 hours before a colonoscopy.
- No weight loss drugs, including phenteramine at least 2 weeks prior to colonoscopy.
- Eliminate Olestra (found in no-fat potato chips) from diet for at least 1 week.

**YOU CANNOT DRIVE OR USE A TAXI SERVICE AFTER THE PROCEDURE. IF YOU DO NOT HAVE A RESPONSIBLE ADULT DRIVER TO TAKE YOU HOME YOUR PROCEDURE WILL BE CANCELLED. YOUR DRIVER MUST REMAIN IN THE FACILITY DURING THE PROCEDURE.**

**\*\* CLEAR LIQUID DIET – Only these foods are allowed the day before the procedure:**

DO NOT DRINK LIQUIDS OR EAT JELLO OR POPSICLES THAT HAVE RED OR BLUE DYE. ANY JUICE YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.

Soups: Clear bouillon, broth or consommé.

Beverages: Tea, Coffee (without cream/milk), Kool-aid, Carbonated beverage.

Juices: White cranberry, apple, white grape, strained lemonade, limeade and orange drink (all pulpless).

Dessert: Water ices, Italian ices, Popsicles, Jell-O

If you are insulin dependent you must notify this office when scheduled.

You will need to be at the hospital or out-patient facility at least one hour before your procedure.

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Time to be at the hospital: \_\_\_\_\_ Procedure: \_\_\_\_\_

Name of hospital: \_\_\_\_\_ Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Note to patients: Our physicians have a financial interest in Medical Heights Surgery Center and CSA Endoscopy Center

If you have not received your test results within two weeks, please contact our office.

(yellow) Rev.01/06

1. Four (4) days before your procedure eat a **low residue diet** (containing no popcorn, seeds, husks, skins and pulp).
2. Two (2) days before your procedure take two (2) Dulcolax tablets at bedtime.
3. At LEAST two (2) days before your procedure purchase two (2) 1 ½ fl. oz. Bottles of Fleet Phospho-Soda (Ginger-Lemon Flavor or Unflavored) at any pharmacy. Fleet Phospho-Soda is also available in a 3 fl. oz. Size. (If you purchase a larger size, do not exceed the recommended dosage given in instructions, as serious side effects may occur).

Note: individual responses to laxatives do vary – this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as 3 hours. Please remain within easy reach of toilet facilities. If you are taking medications (including aspirin or aspirin-containing products), consult your physician for additional instructions before beginning this procedure.

4. On \_\_\_\_\_ (one day before the exam), eat **NO food**. You may have **only CLEAR liquids** such as 7-Up, Sprite, Club Soda and water. You may have coffee and tea. Solid foods, milk or milk products are **not** allowed.
5. On \_\_\_\_\_ (one day before the exam), at \_\_\_\_\_ and \_\_\_\_\_ add 1 ½ fl. oz. (3 tablespoons) of Fleet Phospho-Soda to ½ glass (4 ounces) of cool water and drink. Follow this with one full glass (8 ounces) of clear liquid (water, 7-Up, Sprite, Club Soda). Then, drink at least 3 more glasses (24 ounces) of clear liquids before retiring (more if desired).

**ABSOLUTELY NO FOODS ALLOWED THE DAY BEFORE YOUR PROCEDURE, NOT EVEN BREAKFAST, OTHERWISE YOUR PROCEDURE WILL BE CANCELLED!**

- Please take any prescribed medications the day before your procedure and even the morning of your procedure. Take nothing by mouth after midnight before your procedure except sips of water with your regular medications. You should go ahead and brush your teeth the morning of your procedure.
- No aspirin, Motrin (Ibuprofen) or blood-thinning products (Plavixm Coumadin, Lovenox, Ticlid) should be taken preferably 10 days before a colonoscopy. You may take tylenol and acetaminophen. Contact your primary doctor or cardiologist for the safest length of time to be off the medication.
- Inform us immediately if you are on coumadin or take any heart medications or have an artificial heart valve.
- No iron pills or Metamucil for 48 hours before a colonoscopy.
- Eliminate Olestra (found in no-fat potato chips) from diet for at least 1 week.

**You will need to be at the hospital or out-patient facility at least one hour before your procedure.**

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Be at the hospital: \_\_\_\_\_ Procedure: \_\_\_\_\_

Name of hospital: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**If you have not received your test results within two weeks, please contact our office.**