

COLONOSCOPY PREP WITH TWO DAY PREP

Patient _____

Doctor _____

Date _____

Arrival Time _____

Procedure Time _____

LOCATIONS:

____ **St. Luke's Outpatient**

____ **Surgery Center**

120 NE St. Luke's Blvd.

Lee's Summit, MO 64086

____ **Lee's Summit**

____ **Medical Center**

2100 SE Blue Pkwy.

Lee's Summit, MO 64063

____ **St. Luke's East Hospital**

100 NE St. Luke's Blvd.

Lee's Summit, MO 64086

____ **Cushing Memorial Hospital**

711 Marshall Street

Leavenworth, KS 66048

To ensure that your test is accurate and complete, you **must** follow these directions. If you have questions, please call our office at 816-554-3838. Summit Gastroenterology is dedicated to providing you with quality health care. *You matter to us!*

Below is a set of instructions that need to be followed closely in order to ensure that your colon is "cleaned out" for you colonoscopy. Please read these instructions several times and do not hesitate to contact us with any questions. Your bowel preparation is a very important part of your procedure.

AT LEAST A WEEK BEFORE YOUR PROCEDURE with Summit Gastroenterology:

- Check with your prescribing doctor to make sure it is safe to hold prescription blood thinner: _____ for _____ days prior. Please do not take any Aspirin or Plavix the day of your procedure.
- Hold prescription diet pills, i.e.-phentermine, 7 days prior to procedure.

SEVERAL DAYS BEFORE YOUR PROCEDURE please purchase the following over the counter supplies at your local pharmacy:

1. 64 oz. of Gatorade or PowerAde (**NO red, orange, or purple**) you may substitute 64 oz. of Crystal Light Lemonade or Propel G-2 for the Gatorade
2. A 238gm bottle of Miralax (or its generic version)
3. Dulcolax 5 mg tablets (generic ok) - small box
4. Prescription bowel prep from pharmacy
5. Crystal Light/Lemon Lime Kool-Aid powder if desired

FOR 5 DAYS PRIOR Follow a low residue low fiber diet - see enclosed example.

CLEAR LIQUID DIET

Clear liquids permitted are as follows: water, tea, black coffee, apple juice, white grape and apple juices, lemon or lime Jell-O, chicken or beef broth (**NO** noodles!), popsicles, 7 UP and Sprite.

- You may have liquid Boost (not powder) or Ensure until **3:00pm ONLY** (no substitutions).
- **No RED, ORANGE, or PURPLE LIQUIDS**
- **Do not** drink Alcohol - **Do not** drink milk products - **Do not** drink Orange Juice.

*** If you are diabetic, take only half of your normal dose of insulin or oral medications the day before your procedure and check your blood glucose periodically. ***

TWO DAYS PRIOR TO YOUR PROCEDURE, One gallon Prescription Colon Prep:

- You may eat solid food – low residue/low fiber
- At **9:00am**, take 2 Dulcolax tablets.
- Mix the prescription one gallon colon prep (Colyte/NuLytely/Gavilyte) and refrigerate- if unflavored you may add Crystal Light Lemonade or Lemon/Lime Kool-Aid only.
- Beginning at **3:00-4:00pm**, drink an **8 oz. glass** of prescribed bowel prep **every 10-30 minutes until you finished the entire gallon of the mixture**. The mixture should be finished by midnight.

ONE DAY PRIOR TO YOUR PROCEDURE, Miralax Split Colon Prep:

Clear liquid diet – NO SOLID FOOD – drink plenty of liquids – at least 8 ounces every hour you are awake.

- At **9:00am**, take 2 Dulcolax tablets.
- Mix Miralax 238 grams into 64 ounces of Gatorade, PowerAde, or Crystal Light Lemonade. Divide into two 32 ounce portions. You may refrigerate.
- Between **4:00pm-6:00pm**, begin drinking the first 32 ounces. **Drink an 8 oz. glass** of Miralax/Gatorade every **15-30 minutes** until you have finished **32 oz.** This should take approximately 1-2 hours. We encourage you to continue drinking lots of clear liquids after this dose as well.
- Stay close to the toilet in the evening- the goal is to have diarrhea!
- **5-6 hours prior to scheduled scope time**, begin the second 32 ounces. **Drink an 8 oz. glass** of Miralax/Gatorade every **15-30 minutes** until you have finished the final **32 ounces**. You must be **completely finished with the 32 oz. at least 4 hours prior** to your scheduled procedure time. **DO NOT EAT OR DRINK ANYTHING ELSE.**

For example, if your procedure is at 9:00am, you might need to get up at 3:00am- 4:00am and drink the second dose of your bowel prep and complete it by 5:00am. We understand that this might mean that you need to get up early for your prep on the day of your exam. This is because we want you to have the best bowel prep possible.

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any heart, blood pressure, or seizure medications routinely with a small sip of water. Do this several hours before your procedure.
- No smoking the day of the procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home must be present at the time of check-in and stay at the facility or your colonoscopy will be **CANCELLED** or **RESCHEDULED**. They will need to stay with you for 12 hours afterwards.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.
- No work, no driving, operating machinery, or making legal decisions x 24 hours after procedure.

COLON CLEANSING TIPS:

- **Walking will help move the solution through your body.**
- **Drink the Miralax chilled.**
- **It may be helpful to drink sips of the Miralax through a long straw.**
- **If you feel bloated or your stomach feels “full”, slow down drinking the Miralax.**

During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow the above listed instructions

- **No liquids of any kind up to 4 hours prior to your arrival time**

Failure to comply with these instructions will result in the cancellation or delay of your procedure. Judgment will be made by your anesthesia provider.

*****REMEMBER – the goal is to get cleaned out. If you have any problems with the prep, please contact our office (816) 554-3838 during business hours or (913) 338-8388 after hours to speak with the doctor on call.*****

*** CANCELLATION POLICY ***

\$50 fee for cancellation of endoscopy appointments with less than 48 hours notification. If you need to cancel or reschedule, call Summit GI at 816-554-3838, NOT the facility where your procedure is scheduled.

****INSURANCE INFORMATION****

Our office may verify insurance benefits and contact you to discuss our procedure fee.

instructions are also located on our website www.summitgi.com