



DIGESTIVE & LIVER
HEALTH SPECIALISTS

COLONOSCOPY PROCEDURE INSTRUCTIONS

MiraLAX[®] 2 Day Prep

Physician:

Dr. Pointer // Dr. Sharma

Facility:

Southern Endoscopy Center
330 Wallace Rd, Suite 103
Nashville, TN 37211

Date of Procedure: _____

Arrival Time: _____

***FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A
CANCELLATION AND YOUR PROCEDURE WILL BE
RESCHEDULED***

WHAT TO BRING:

- Insurance Card
 - Photo ID
 - Medication List
 - Co - Payment *due at time of service, NO EXCEPTIONS*
 - Driver - You will be sedated for this procedure. You will not be able to drive,
- Office: (615) 832-5530 www.thegidocs.com

operate machinery, make important decisions, or return to work for the rest of the day. If you do not have a driver, your procedure will be rescheduled. **NO EXCEPTIONS** **You may NOT use Uber, Lyft or a taxi for this.**

Please contact our office if you are unable to keep your scheduled procedure or if you have any other questions: **615-832-5530**.

MEDICATIONS

- **BLOOD THINNERS:** Please follow the below instructions regarding stopping your blood thinner, if applicable.

BLOOD THINNER: _____

HOW MANY DAYS TO STOP: _____

- **NSAIDS:** Stop taking NSAIDS such as Advil, Aleve, ibuprofen, anti-inflammatories, and herbal products at least 7 days before your procedure.
 - o (Examples: meloxicam, diclofenac, Fish oil, multivitamins, garlic, ginger, ginseng, goldenseal, milk thistle, saw palmetto, St. John's Wort and Valerian)

- **BLOOD PRESSURE MEDICATIONS:** Continue taking your prescribed blood pressure medications including the day before *and the day of your procedure*.

- **DIABETES MEDICATIONS:** (Unless instructed otherwise by your primary care physician or your endocrinologist)

	ONE DAY BEFORE your procedure	DAY OF your procedure
Type 2 Diabetes	<ul style="list-style-type: none"> ✓ Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids. ✓ Check your blood sugars at least twice (in the morning before beginning your clear liquids and at bedtime). 	<ul style="list-style-type: none"> ✓ DO NOT take any oral diabetes medications, such as glipizide (generic for Glucotrol) or pioglitazone (generic for Actos). ✓ You may continue metformin (generic for Glucophage) ✓ Check your blood sugar in the morning before your arrival time.
Type 1 Diabetes	<ul style="list-style-type: none"> ✓ Contact your Endocrinologist or Diabetic Care Provider. 	<ul style="list-style-type: none"> ✓ If you take any long-acting insulin, take half the dose. ✓ DO NOT take any short-acting insulin (Insulin Regular, Aspart, Lispro) unless you are using a sliding scale. ✓ Check your blood sugar in the morning before your arrival time.

- **DIURETICS/WATER PILLS:** **DO NOT** take your diuretic the day before your

procedure. You can resume taking your diuretic after your procedure, that same day. Diuretics include furosemide (generic for Lasix), hydrochlorothiazide, and triamterene/hydrochlorothiazide (generic for Maxzide).

- **OTHER MEDICATIONS:** Take thyroid (i.e., levothyroxine/Synthroid), seizure, anti anxiety, anti-depressant, antipsychotic medication, and aspirin 81 mg as normal

BEFORE YOUR COLONOSCOPY

7 DAYS BEFORE PROCEDURE:

- Pick up the following over the counter medications:
 - **TWO** 510gm/17.9 oz bottle of MiraLAX® (polyethylene glycol)
 - **EIGHT** Dulcolax® (bisacodyl) 5mg laxative tablets
 - **TWO GALLONS** of **clear liquid** of your choice that is **not** red or purple in color
- Confirm who will drive you home after your procedure ***no lyft/uber/or taxi***
- **Stop** all fiber supplements (powders, gummies, tablets, or capsules such as Metamucil, Citrucel, and Benefiber)
- **Stop** all Iron supplements.
- Start a low fiber diet

2 DAYS BEFORE PROCEDURE:

FIRST THING IN THE MORNING:

- Mix all of the MiraLAX® bottles into TWO Gallons of clear liquid until dissolved and place in the refrigerator. **You should not have any miralax left.**
- **Start a CLEAR LIQUID DIET**

CLEAR LIQUID DIET

What to Eat What to Avoid

- JELLO - no red, blue, orange or purple flavors - Clear broth (strain all pulp and fat, no noodles, no beans, or veggies)

- Clear Liquids water, juice, sports drinks, sodas (Coke or Pepsi are okay), clear juice with no pulp, coffee (no creamer), tea (sugar is okay), Italian ice and popsicles

NO SOLID FOODS

- Do NOT drink anything with particles, oil or fat. Strain first

- **No red, blue, orange or purple drinks** (e.g., sports drinks, sodas, juices). No orange or pineapple juice or any juice with pulp

- **No solid foods the entire day**

- No alcoholic beverages or tobacco products until after procedure

3:00 PM

- Take **FOUR** Dulcolax tablets (5mg each) with water.

5:00 PM

START BOWEL PREP: Drink one 8-ounce glass every 15-20 minutes until you have finished **THE FIRST GALLON** of the bowel prep.

****YOU MUST DRINK AN ADDITIONAL 32 OZ OF CLEAR LIQUIDS OVER THE NEXT HOUR.**** If working properly, you will begin to have diarrhea within 4 hours.

BOWEL PREP SIDE EFFECTS

NORMAL side effects: Diarrhea, bloating, chills, cramps, nausea, vomiting, headache, irritation of rectal

ABNORMAL side effects: Skin rash or itching, No bowel movement within 4 hours of starting bowel prep

What to do: Drink slower, take breaks

(30-45 min to let your stomach empty), drink the mixture cold, with some ice, drink through a straw, **it's important that you drink ALL the prep liquid to fully clean out your colon.**

What to do: Stop drinking the

bowel preparation, **Call our office at (615) 832-5530**, For emergencies – call 911

1 DAY BEFORE PROCEDURE:

FIRST THING IN THE MORNING:

- **CONTINUE a CLEAR LIQUID DIET**

- **No solid foods the entire day**
- No alcoholic beverages or tobacco products until after procedure

3:00 PM

- Take **FOUR** Dulcolax tablets (5mg each) with water.

5:00 PM

• **START BOWEL PREP:** Drink one 8-ounce glass every 15-20 minutes until you have finished **HALF** of the second gallon of bowel prep.

****YOU MUST DRINK AN ADDITIONAL 32 OZ OF CLEAR LIQUIDS OVER THE NEXT HOUR.**** If working properly, you will begin to have diarrhea within 4 hours.

DAY OF COLONOSCOPY

Day of Procedure

- Brush your teeth, but do not swallow any water.
- Wear loose, comfortable clothing.
- Do not wear contact lenses. Wear your glasses instead.
- Leave all valuables at home, including wedding bands and other jewelry. ** If you have an ostomy, please bring extra supplies as it may need to be changed **
- Arrive at the facility 1 hour prior to your procedure. Plan to spend at least 4 hours at the facility, times can vary from 45 minutes to four hours. Your driver should stay nearby the entire time. They will be required to sign you out at the end of the procedure. **If you do not have a driver, your procedure will be rescheduled.**

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5 Hours Before Your Arrival Time

- **FINISH THE BOWEL PREP, the last half of the second gallon**
- **Nothing else to eat or drink. No solid foods and no clear liquid diet.**

2 Hours Before Your Arrival Time

- **You should be finished drinking your bowel preparation at this time. You MUST finish ALL of your prep to fully clean out your colon for a safe and complete colonoscopy.** A poor bowel preparation can result in lesions, ulcers or polyps being missed, increased likelihood of complications, and the need to have the procedure repeated sooner.
- Take any approved medications at least 2 hours before your procedure time.
- Remember, **DO NOT drink anything AT ALL within two hours of your procedure time, or your procedure WILL BE CANCELED.**

AFTER YOUR COLONOSCOPY

- Many people feel bloated and have stomach cramps after a colonoscopy. This is *normal* and goes away by passing gas, moving around, belching.
- After a colonoscopy, it's normal for your bowel movements to be irregular or different from your usual habits. This may last for up to a week after your procedure.
- You may begin eating light foods as soon as you're discharged. Avoid spicy, greasy, and fried foods at first. Work your way up to your normal diet. If your doctor wants you to limit your diet for a period of time, this will be discussed with you at discharge.
- If you had a biopsy, it's normal to have a small amount of bleeding from your rectum. There should be no more than a few drops of blood, and the bleeding should stop within 24 hours after your procedure. **You will receive your results through the Patient Portal within 7-10 days of having your procedure. We will go over the results with you at your follow up appointment.**

