

DIGESTIVE DISEASE SPECIALISTS, INC.

Northwest (Baptist Medical Center) Office
David S. Stokesberry, MD
3366 NW Expressway, Suite 300
Oklahoma City OK 73112
(405) 702-1300 or Toll-Free: (800) 787-6177

NAME: _____

DATE OF PROCEDURE: _____

ARRIVAL TIME: _____

PROCEDURE TIME: _____

1 Ambulatory Endoscopy Center
North AEC, Baptist Phys Bldg D
3366 NW Expressway, Ste 400
Oklahoma City, OK 73112

2 Integris Baptist Medical Center
3300 NW Expressway
Oklahoma City, OK 73112
Check in at
Outpatient Registration

**3 Integris Canadian Valley
Regional Hospital**
1201 Health Center Parkway
Yukon, OK 73099
Check in at Outpatient Registration

Miralax Gatorade/Crystal Light Prep for Colonoscopy

IT IS NECESSARY for you to make arrangements ahead of time for someone to accompany you to your appointment. This person must be able to drive you home and ideally should be able to stay in the facility during the procedure. You will not be allowed to drive or to take a cab after your procedure due to the sedation you will receive.

Colonoscopy allows direct visualization of the inside of the rectum and the colon. The examination is performed as a single procedure with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an X-ray. It is possible to remove a polyp or to take a biopsy during this examination.

For the doctor to have a clear view of your colon, it is essential that the colon be completely free of stool. Therefore you must complete a bowel preparation regimen as follows:

Regarding medications: **Stop all forms of aspirin and iron 5 days before the procedure.** Inform the nurse immediately if you are taking blood thinners (such as **Coumadin or Plavix**) or medication for diabetes or a seizure disorder. **All other medications should be taken just as you normally would.** Be sure to let the doctor and staff know if you are allergic to any drugs or latex.

Purchase these 3 items at the store (all of the items are available over the counter):

- Four (4) **Dulcolax (bisacodyl) 5 mg tablets**
- One **238 gram bottle of Miralax**
- One **64 oz bottle of Gatorade or Crystal Light (any color but red or purple)**

THE DAY PRIOR TO YOUR PROCEDURE: _____

1. You will be restricted to a clear liquid diet all day. Clear liquids consist of coffee, water, tea, sodas, white fruit juices (no orange juice), broth, Jell-O, and popsicles. ***NO RED OR PURPLE. NO alcohol, solid food, milk or cream.***
2. In the morning, mix your Miralax with your Gatorade/Crystal Light. ***NOTE:*** Pour 8 oz of Gatorade/Crystal Light into a glass you have at home (and put aside in the refrigerator). Add the full bottle of Miralax into the bottle of Gatorade/Crystal Light. Replace lid and SHAKE WELL. Place in the refrigerator and chill well.
3. **AT 3:00 PM** start drinking the solution, but be sure to SHAKE WELL before you start. It's best to drink the solution on a regular time table, so have a goal to drink an 8 oz glass every 10 minutes until the solution is gone. Don't try to drink the fluid at a faster rate. You may add the 8 oz glass you set aside to your bottle of Gatorade/Crystal Light once you have drunk some of the solution. ***IT IS VERY IMPORTANT TO DRINK ALL THE PREP.***
4. **AT 5:00 PM** take 2 Dulcolax® tablets with 8 oz of water.
5. **AT 7:00 PM** take 2 Dulcolax® tablets with 8 oz of water. Continue drinking liquids until bedtime.
Have nothing by mouth after _____ on _____.

If you experience any problems during your bowel prep, please call the office. There is always a physician on call after hours.