

DIGESTIVE DISEASE SPECIALISTS, INC.

Northwest Office
Dan W. Smith, MD
3366 NW Expressway, Suite 400
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
See Map

2 Integris Baptist Medical Center
3300 NW Expressway
Oklahoma City, OK 73112
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 must be able to stay in the facility during the procedure. **YOU WILL NOT BE ABLE TO DRIVE OR TAKE A CAB AFTER YOUR PROCEDURE DUE TO THE SEDATION YOU WILL RECEIVE.**

A colonoscopy allows direct visualization of the inside of the rectum and 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.

Stop aspirin, baby aspirin, Mobic, Coumadin, Plavix, and iron three (3) days prior to procedure. Stop Naproxen three (3) days prior. If you are diabetic and take insulin, you should consult with the doctor who monitors your diabetes to see if your insulin dose should be adjusted. Do not take your oral diabetic medication(s) the day of your procedure. Inform the nurse immediately if you are taking blood thinners, seizure medications, or anti-inflammatory medications. All other medications, such as blood pressure medications, should be taken as usual. Avoid consuming any whole-kernel corn for three days prior to your procedure.

If you have chronic (ongoing) constipation, you will need to drink one 10 oz bottle of Magnesium citrate prior to starting your colon prep.

Purchase these three items at the store (all of the items are available over the counter): **FOUR (4) Dulcolax (bisacodyl) 5 mg tablets, a 238 g bottle of Miralax, and a 64 oz bottle of Gatorade or Crystal Light (ANY COLOR BUT RED OR PURPLE).**

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 regimen as follows:

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 or Crystal Light. **NOTE:** Pour an 8 oz glass of Gatorade into a glass you have at home and put aside. Add the full bottle of Miralax powder into the bottle of Gatorade. Replace lid and SHAKE WELL. Place container in the refrigerator.
- 3) **AT 3 P.M.** take 2 Dulcolax tablets with 8 oz of water.
- 4) **AT 3:30 P.M.** start drinking your solution, but be sure to SHAKE WELL before you start. It's best to drink the solution in a short amount of time, so have a goal to drink an 8 oz glass every 10 minutes until the solution is gone. You may add your 8 oz glass you set aside to your bottle of Gatorade once you have drunk some of the solution. **IT IS VERY IMPORTANT TO DRINK ALL THE PREP!**
- 5) **AT 5 P.M.** 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.

******IF YOU ARE A NEW PATIENT OR IF YOU HAVEN'T BEEN SEEN BY YOUR PHYSICIAN WITHIN ONE (1) YEAR, PLEASE PRINT THE FORMS AT THE FOLLOWING LINK: [Pre-Registration Forms](#). PLEASE FILL OUT ALL FORMS AND BRING THEM WITH YOU TO YOUR PROCEDURE. THANK YOU.******