

# DIGESTIVE DISEASE SPECIALISTS, INC.

Ross S. Keener, MD  
Mercy-McAuley Office  
4205 McAuley Blvd, Suite 465  
Oklahoma City OK 73120  
(405) 751-7664

## Miralax Gatorade Preparation

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

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

### Procedure Location:

- 1 Ambulatory Endoscopy Center (AEC)  
3366 NW Expressway  
Baptist Physician's Building D, Ste. 400

**CHECK IN ONE 1 HOUR PRIOR TO PROCEDURE**

- 2 Mercy Outpatient Diagnostic Center  
4300 West Memorial Road  
Mercy Health Center

**CHECK IN AT ADMISSIONS 1 ½ HOUR PRIOR**

There have been many times we've had to cancel the procedure midway and reschedule due to an incomplete prep. Therefore, you must complete a bowel preparation regimen as follows:

For the doctor to have a clear view of your colon, it is essential that the colon be completely free of stool. **If you have problems with constipation you may consider 2 (TWO) days of the full liquid diet instead of just one day. The doctor may also ask that you drink a bottle of MAGNESIUM CITRATE (over the counter laxative NOT cherry or grape flavored) two nights prior at 5-6:00 pm. THIS WILL BE CONSIDERED THE PROLONGED PREP IF ASKED TO DO SO.**

If you take medication, you may have it on the morning of the procedure with a small sip of water. **STOP ASPIRIN and IRON four (4) days prior to your procedure date.** Inform the nurse immediately if you are taking other blood thinners (such as Coumadin or Plavix). If you use **INSULIN or diabetic medications**, you may need to adjust your dose to ½ your normal dose the day prior, and NONE on the day of your procedure until afterwards. **Do not** take your oral diabetes medication the day of your procedure until afterwards.

**Purchase three (3) items at the pharmacy:** Four or Eight (4 or 8) **Dulcolax 5mg tablets**, one 238 gram bottle of **Miralax** (both products are over-the-counter laxatives) and a **64oz bottle of Gatorade (any color but red).**

**THE DAY BEFORE THE PROCEDURE:** \_\_\_\_\_

1. Have only clear liquids starting **in the morning** the day before your procedure. Clear liquids consist of water coffee, tea, sodas, fruit juices (except orange juice), broth and Jell-O, etc. No solid foods, milk or milk products are allowed.
2. In the morning sometime, mix your **ENTIRE** bottle of Miralax with your Gatorade and place in the refrigerator. **At 5 p.m.** begin drinking your Gatorade. Make sure to shake the mixture well before ingesting. **It's best to drink the solution in a short amount of time so have a goal to drink an 8oz glass every 10 minutes until the solution is gone.**
3. At **9 p.m.** take 4 Dulcolax tablets with 8oz of water. Continue drinking liquids until bedtime.

**THE DAY OF THE PROCEDURE:** \_\_\_\_\_

1. Nothing to eat or drink after \_\_\_\_\_ **and only liquids only prior.**
  2. Arrive at the facility above **1 TO 1 ½ HOUR** prior to the time of your procedure. See location instructions above.
  3. **Please fill out** your paperwork and **bring with you to the facility** if you have not done so at the office recently. Bring your photo ID, insurance cards and medication list (including name, dosage and frequency).
- At \_\_\_\_\_ please take 4 Dulcolax tablets with 8oz of water.

**A DRIVER MUST ACCOMPANY YOU:** You will not be able to drive, use a taxi, or a bus after the procedure. Your driver must be on the premises during the procedure or the procedure will be rescheduled.

**\*\*\*\*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.\*\*\*\***

# DIGESTIVE DISEASE SPECIALISTS, INC.

Ross S. Keener, MD  
Mercy-McAuley Office  
4205 McAuley Blvd, Suite 465  
Oklahoma City OK 73120  
(405) 751-7664

Start morning of: \_\_\_\_\_

Day of Procedure: **NOTHING AFTER** \_\_\_\_\_

## LIQUID DIET

<u>Food Groups</u>	<u>Food Allowed</u>	<u>Food to Avoid</u>
Fruit	Apple Juice Grape Juice Cranberry Juice	Any Juice with Pulp <b>(no orange juice)</b>
Soup	Fat-Free or Low Fat: Chicken Broth Beef Broth Chicken Bouillon Beef Bouillon	All Others
Dessert	Jell-O, any flavor plain <b><u>(No red or purple dyes)</u></b> Ice Popsicles <b><u>(No red or purple dyes)</u></b>	All Others
Beverages	Water, Ice Coffee, <b><u>no milk or cream</u></b> Tea Any Carbonated Drinks <b><u>Boost (1-2 drinks maximum)</u></b>	All Others
Miscellaneous	Salt Sugar Hard Candy	All Others

## **PROCEDURE CANCELLATION POLICY**

In the event that a procedure needs to be cancelled, please notify our office as soon as possible. This allows us to provide timely care to our other patients.

Failure to notify our office at least 24 hours prior to your appointment time may result in a charge of \$75.00. **This charge will be the responsibility of the patient and cannot be billed to your insurance company.**

## **TEST RESULTS**

If Dr. Keener performs any biopsies or decides to have any further testing such as labs or x-rays, he will give you information on how to retrieve your results after the procedure. You will be able to retrieve your results at any time of the day within **5 business days** by accessing our website at [www.okddsi.net](http://www.okddsi.net). Click on "My Test Results" tab or you may call 866-971-9096. Please keep in mind you will always have access to more patient education via the website. You will then be asked to enter your personal identification numbers in order to get your results or recommendations.

## **PATIENT SATISFACTION**

We are constantly striving to find ways to communicate and deliver the best patient care in the most efficient manner. If you have any comments or suggestions following your procedure, please log onto [www.okddsi.net](http://www.okddsi.net) and answer the Patient Satisfaction Survey.