

COLONOSCOPY PREP - 2 DAY MIRALAX/DULCOLAX/GATORADE

****Please read through this entire document completely to ensure you have all important information regarding your procedure****

****Important notices****

-Arrival time is 1 hour before procedure time.

- It is the responsibility of the patient to ensure we are within your insurance network. Please call the number on the back of your insurance card to verify insurance coverage prior to your appointment to avoid receiving an unplanned bill amount.

- Please note that we require 48 hour notice for cancellation and rescheduling. Appointment changes made within 48 hours notice may be subject to cancellation fees.

- You will be receiving an email/text prior to your appointment date to complete your registration. Please complete this PRIOR to your appointment time to decrease wait time at check-in.

- Be sure you have a driver as well as a responsible adult to be with you for 24 hours after your appointment. We cannot accept Uber/Lyft or other non-medical ride share/taxi services as an acceptable form of transportation. If you come to your appointment without acceptable transportation; your appointment WILL be canceled.

- Balances and Co-pays are due at time of check in; if we are unable to collect payment, your appointment may be canceled.

- If you have a remaining deductible with insurance, you may receive a call from our business office to inform you of the amount due. This MUST be taken care of at check-in time the day of your appointment.

In Preparation:

1. Buy at any pharmacy or local grocery store (Walmart, Target, etc)
 - a. 1 bottle of Miralax powder (8.3oz/238 grams)
 - b. 4 Dulcolax (Bisacodyl) Laxative - 5 mg tablets
 - c. 64 oz. Gatorade (NO RED or PURPLE)
 - d. Magnesium Citrate 10 oz (to be taken without water 4 hours prior to arrival time)
2. Stop taking iron one week before the day of your procedure.
3. If taking a blood thinning medication; typically, we like Coumadin (Warfarin) and Plavix (Clopidogrel) to be stopped 5 days prior to procedure. Eliquis, Xarelto, and Pradaxa are held 2 days prior to procedure. If you are on Coumadin or Warfarin, an INR will be checked prior to your procedure at the facility.
4. Do not take Aspirin the day of your procedure.
5. Hold injectable weight loss or diabetic medications such as Wegovy, Mounjaro, Ozempic, etc 1 week prior to procedure.

7 Days Before Your Procedure:

1. Discontinue fiber supplements or medications containing iron. This includes multivitamins with iron, Metamucil®, and Fibercon®.

3 Days Before Your Procedure:

1. Stop eating all high-fiber foods and begin a low-fiber diet. A low-fiber diet will help make the cleanout more effective.

2 Days Before Your Procedure:

1. **Begin Clear liquid diet** (the ENTIRE day) *****NO SOLID FOOD*****

Examples of a Clear Liquid Diet:

- Water: drink at least 8 glasses of water during the day
- Clear broth or bouillon
- Gatorade®, Pedialyte® or PowerAde® (No red or purple)
- Carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale)
- Strained fruit juices without pulp (apple, white grape, white cranberry)
- Jell-O®, popsicles, hard candy (No red or purple)
- No red/purple liquids; No alcohol; No dairy products or creamer.

2. At 5:00pm drink the bottle of Magnesium Citrate.

1 Day Before Your Procedure:

1. Continue with clear liquid diet. *****NO SOLID FOOD*****
2. Mix the entire contents of Miralax powder with Gatorade and refrigerate.
3. **12:00 NOON** Take the 4 Dulcolax tablets
4. **5:00 PM** Start drinking the Miralax/Gatorade prep. Drink an 8 oz. glass every 15-20 minutes until gone. ****NO BROTH AFTER STARTING PREP****
5. You may feel bloated and nauseated while taking the prep. If nauseated, you may slow down the prep.
6. Be sure to take ALL of the prep. Your procedure may be aborted if the prep is poor.
7. You will experience frequent loose bowel movements. Stool should be clear without visible stool.
8. Continue clear liquids until bedtime. Do not drink anything including water after midnight. You may brush your teeth.

Day of Procedure:

***No chewing tobacco, gum, mints, candy etc. ***

1. Nothing to eat or drink after midnight the night before the procedure. If your procedure is scheduled for the afternoon, you may have clear liquids up to 6 hours prior to the procedure but nothing after that time.
2. Arrive for your procedure at the scheduled **ARRIVAL** time – unless you were unable to complete online pre-registration. **Bring** a list of your current medications, your insurance card(s), and your drivers license; or your procedure may be canceled.
3. Your driver is welcome to come in and wait with you until you are taken to the intake area, once you are taken back your driver may leave at any time. A nurse will call your driver when you are in recovery. Inform your driver they should check in at the front desk once they receive the call. They will be escorted back to you.
4. You **CANNOT** drive a car, take a taxi, Lyft, Uber, or bus home. Your procedure will be canceled and rescheduled for a later date if this is not prearranged.

5. ***If accompanying a minor you must stay in the facility the whole time of the appointment***
6. You can expect to be in recovery for around 30 – 45 minutes. Expect to feel a little groggy after your procedure.
7. Plan to be at the surgery center for 2-3 hours. ***Wait times may vary***

You will be provided with discharge instructions prior to departure.

Please call us at 952-368-3800 for any questions before or after your procedure.

Bhatti Surgery Center:
1447 White Oak Dr, Chaska MN 55318
(First door closest to the entrance of the parking lot)

Southdale Specialty Surgical Center:
6500 Barrie Rd. (Level 3) Edina MN, 55435
(park in level 1 parking ramp – entrance in far right corner)

****Note: We try our best to keep your scheduled time; however, there may be a situation when we may need to change your procedure time; wait times may also vary. We try our best to stay on schedule for all patients, however we cannot anticipate if some patients may need more treatment than others. Please be patient with our reception and nursing staff as wait times may vary.**

PREP CHECKLIST:

	Buy the materials: 1 bottle of Miralax powder (238 grams) 4 Dulcolax (Bisacodyl Laxative 5mg tablets) 64 oz. Of Gatorade (NO RED OR PURPLE) 10 oz bottle of Magnesium Citrate
	Call your insurance to verify Bhatti GI Consultants is within network
	Set up a driver
	Watch for pre-call from nursing to discuss medical history and procedure information