



## ***Hillsdale Surgical Group***

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## **GATORADE COLONOSCOPY PREP**

Purchase these over-the-counter laxatives:

1. Gatorade (64 oz) no red, orange, or purple
2. Dulcolax 5mg. tablets (4 tablets)
3. Miralax Bottle (238 grams) over the counter only.

**Day before colonoscopy:** clear liquids only (no solid food) Examples: water, clear fruit juices (apple or white grape), chicken or beef broth, jello (no red, purple, or orange), Gatorade, popsicles (no red or purple), clear soft drinks and coffee without cream or sugar.

**NO MILK PRODUCTS, ORANGE JUICE, OR ANYTHING WITH RED OR PURPLE DYE.**

### **Day prior to colonoscopy**

**3pm-** Mix entire bottle of miralax into 64oz of Gatorade (may need larger bottle to mix it in). Shake the solution until fully dissolved. Drink 8 oz. glass every 30 minutes until gone.

**5pm-** Take 2 Dulcolax tablets.

**7pm-** Take the last 2 Dulcolax tablets.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

The day of the procedure you may take necessary medication with a sip of water

You will need a driver to take you home after the procedure

The hospital will call you the day before with the arrival time. If you do not hear from them by 4pm then call (517) 437-5265

**Procedure Date:** \_\_\_\_\_



## Preparing for your procedure

*Please read the following instructions to prepare for your endoscopic procedure.*

**A responsible adult must arrive, stay, and drive you home.** Minors (age 17 & under) must be accompanied by parent/legal guardian.

### **Medication Instructions:**

- \* If you are taking any medication for weight loss purposes (**including injectables**), you need to stop this 14 days before your procedure.
- \* 7 days before surgery, stop all herbal products-prescription or over the counter (including energy drinks and stimulants). Stop all seed, nuts, popcorn, and corn.

### **Attention Diabetic Patients:**

One the day of procedure:

- \* **HOLD INSULIN/ORAL DIABETIC MEDS** unless otherwise instructed
- \* Bring Insulin/oral diabetic medications.

### **Medications to take on procedure day:**

(with small amount of water, 1 to 2 ounces)

- \* Blood pressure medication
- \* Heart medication
- \* Seizure medication
- \* Asthma medication (**bring rescue inhaler**)
- \* **DO NOT TAKE DIURETICS** (water pill)

### **DO NOT eat or drink anything after midnight:**

(unless otherwise instructed or finishing colonoscopy prep)

- \* This includes water, gum, mints, & hard candy
- \* You may brush your teeth and rinse your mouth, do not swallow
- \* Do not consume alcohol for 3 days prior to the procedure
- \* Call for instructions if you develop cough/cold, flu-like symptoms, or fever 2 days before your procedure

If you suffer from chronic constipation, are diabetic, require stool softeners or use pain medication on a regular basis consider starting your clear liquid diet 2 days before your procedure date. *The quality of your study is determined by the quality of your prep. If the prep is inadequate, the study may have to be repeated.*

- \* **If the patient requires a durable medical power of attorney or guardian: Call the center right away for special instructions. Please be advised the guardian must be present on day of surgery unless previous arrangements have been made.**

**ATTENTION:** If you have not received a call from the hospital by 4pm on the day before your procedure, please call Outpatient Surgery at (517) 437-5265. Also please call with any questions or concerns.

- \* Leave jewelry at home
- \* Small children will be more comfortable at home
- \* Please be aware of possible delays in our schedule. Each procedure must be done thoroughly and it is not possible to predict the exact length of time needed for each procedure.