Midwest Gastrointestinal Associates PC

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Gatorade Split – 2 Day Prep

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.

Your procedure is schedule on _____ with Dr. _____ at _____.
Please arrive at _____.

Your doctor has referred you for a colonoscopy. Bowel preparation (Cleansing) is needed to perform an effective colonoscopy. Recent studies have clearly shown split-dose preparation results in higher quality examinations with increased detection of precancerous polyps. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. It is critical that you follow the instructions as directed.

If you are of child-bearing age and 1) are sexually active and history suggests possible pregnancy, e.g. menstruation, or 2) are concerned about possible pregnancy or 3) the possibility of pregnancy is uncertain; please contact our office for us to arrange a pregnancy test via blood draw prior to your procedure or your procedure could be delayed or rescheduled. If you prefer to refrain from prescribed testing, you will be required to sign a pregnancy waiver the day of the procedure confirming you could not be pregnant.

IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE CALL OUR OFFICE AS SOON AS POSSIBLE AT 402-397-7057.

FIVE DAYS BEFORE YOUR PROCEDURE

- PURCHASE THE FOLLOWING OVER-THE-COUNTER SUPPLIES:
  - Gatorade, two 32 ounce bottles (avoid red, blue or purple Gatorade)
  - A quantity of four Dulcolax 5mg tablets
  - One 238 gram bottle of Miralax
  - 10 ounce bottle of magnesium citrate – this is an over-the-counter laxative available at a pharmacy or grocery store.
- Become familiar with all prep instructions and contact our office with any questions.
- Remember to stop medications that you were previously instructed to hold. (This does not apply to all patients, only those who have been directed to hold specific medications).
- Refrain from eating all types of nuts, popcorn, seeds and granola 5 days prior to procedure.
- STOP: Herbal supplements, vitamins, stool bulking agents, such as Metamucil or Citrucel, and iron supplements.

TWO DAYS BEFORE YOUR COLONOSCOPY

- UPON AWAKENING BEGIN FOLLOWING A LOW RESIDUE DIET. An attached sheet includes information for the low residue diet.
- AFTER 1:00P.M. BEGIN CLEAR LIQUID DIET ONLY, NO SOLID FOOD – NO ALCOHOL OR RECREATIONAL DRUG USE

  – A clear liquid diet is described as "a drink you can see through." DO NOT CONSUME LIQUIDS THAT ARE RED, PURPLE OR BLUE IN COLOR. Drink clear liquids every hour throughout the day from the list that follows:
  - Clear fruit juices (white grape or apple juice)
  - Water, tea or coffee (without cream)
  - Kool-Aid or PowerAde
  - Clear soup, broth or bouillon
  - Popsicles
  - Hard candies
  - Soda pop (7-up, sprite, regular or diet Pepsi/Coke, Ginger Ale, Orange Soda)
  - Jell-O

- Drink the 10 ounces of magnesium citrate between 6:00 and 7:00P.M.

FOR DIABETIC PATIENTS: Please consume clear liquids that are not sugar free. This will give you calories to assist with your blood sugar levels.

THE DAY BEFORE YOUR COLONOSCOPY

- UPON AWAKENING CONTINUE CLEAR LIQUID DIET (see above)
- NO SOLID FOOD – NO ALCOHOL OR RECREATIONAL DRUG USE

- 1:00P.M.
  - Take all four Dulcolax tablets with water.
- 4:00 P.M.
  - Mix ½ bottle of Miralax with one 32 ounce bottle of Gatorade. Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.
  - Mix the remaining ½ bottle of Miralax with one 32 ounce bottle of Gatorade and place in the fridge.

THE DAY OF COLONOSCOPY

- NO SOLID FOOD – NO ALCOHOL OR RECREATIONAL DRUG USE
- Six hours prior to arrival for your procedure, begin drinking the second half of prep until finished. The solution must be completely finished 4 hours prior to arrival to the facility.
- You may take morning medications before 6:00 A.M. with a few sips of water. (Please refer to "Special Instruction" sheet if you are diabetic).
- **TAKE NOTHING ELSE BY MOUTH AFTER YOU HAVE FINISHED THE GATORADE WITH MIRALAX PREP.**
- You must have a driver to take you home. Ideally it is preferred that you have someone drive you to the facility, WAIT while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. During the check in process you will be expected to

validate your responsible driver in the event your driver is not present at check in. If this validation process cannot occur, your procedure will be canceled. PUBLIC TRANSPORTATION IS NOT AN ACCEPTABLE FORM OF TRANSPORTATION FOLLOWING YOUR PROCEDURE UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT WHO HAS A VALID DRIVER'S LICENSE. If you are scheduled at a hospital, please know individual hospital policies may require you to have a responsible party stay with you for twenty-four hours.

FOLLOWING YOUR COLONOSCOPY

- DRINK 8 OUNCES OF LIQUID SIX TIMES BEFORE RETIRING FOR THE NIGHT.
- Do not drive, operate machinery, return to work or make important decisions for the remainder of the day.
- You may resume normal activities the next day unless the doctor states otherwise.

FREQUENTLY ASKED QUESTIONS

Why do I need to drink my prep at two different times?
Recent studies have clearly shown split-dose preparation results in higher quality examinations with increased detection of precancerous polyps.

What if I feel like I am going to vomit if I drink another glass of prep or what if I start to vomit while drinking the prep?
Stop drinking prep for 30-45 minutes until symptoms subside, then resume prep.

What if I drink all of the prep and I do not have a bowel movement?
If no stool by 9:00P.M., you will need a fleets enema. This can be purchased over-the counter at any pharmacy. If still no results, call the doctor who will be performing your colonoscopy.

If I have clear colored stool return after consuming the first half of the prep, do I have to drink the second half of the prep?
Yes, it is important you drink the entire prep. Digestion continues throughout the night requiring the second half of the prep to be drank to ensure best results.

What should my bowel movements look like after I drink all of the prep solution?
Your bowel movements should be clear yellow liquid. They will look like urine or lemonade. If your bowel movements are still brown and haven't been clear, please call our office at 402-397-7057. This line is answered 24 hours a day.

What if I have rectal discomfort?
You may apply petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

Does my driver have to stay with me during the procedure?
If your driver does not wish to remain in the lobby, a contact number can be given to the nursing staff. These arrangements must be made during the check-in process or your procedure will be canceled. Typically, the driver can return two hours after they drop you off or they can be called

prior to your dismissal time. Public transportation can only be used if you are also accompanied by a responsible adult who has a valid driver's license.

Can I eat after my procedure?
Usually you may resume your normal diet unless otherwise instructed.

Will I be asleep for my procedure?
In the procedure room an anesthesia provider will position you comfortably and give you medications through an IV, known as MAC anesthesia, to cause relaxation and sedation. This will cause you to fall asleep but you can breathe on your own and will wake up quickly. Based on your individual procedure and medical history you and your GI physician may determine to use an anesthetic known as moderate sedation (twilight sedation) or even no sedation at all, as appropriate.

WHAT TO BRING TO YOUR PROCEDURE

- Completed forms from Midwest Endoscopy Services, Lakeside Endoscopy Center or Methodist Endoscopy Center ONLY if your procedure is at one of those locations.
- The first and last name of all doctors you want to receive a copy of your procedure report.
- A responsible adult to drive you home. It will be mandated and enforced that you have someone to accept responsibility for your dismissal and provide you transportation home. Not exceptions will be made to the Center's policy. Sedation is given during your procedure and impairs your ability to drive and make decisions. IF YOU HAVE NOT ARRANGED FOR SOMEONE TO DRIVE YOU HOME, YOUR PROCEDURE WILL BE CANCELED.
- Your insurance card and photo ID.

WHAT TO WEAR TO YOUR PROCEDURE

- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.

If you have additional questions, please contact our office.

JOIN MGI PATIENT PORTAL

The Patient Portal is a secure, confidential website that provides easy communication with Midwest Gastrointestinal Associates, PC.

Sign-Up Today

You can sign-up and register for the Patient Portal by contacting our practice and providing your name and email address. In turn, we will email you an invitation to access the portal through a web link. Once you receive your email, click the link within the email and you will be directed to the Patient Portal, which will allow you to create a private username and password.

Patient Portal Access Instructions:

- From your email web link, you will be directed to the Patient Portal registration page. Enter your Last Name, Zip Code and Date of Birth in the designated fields to verify creation of your account.
- Check the Agree to Consent box and select Continue.
- The system will create a unique Username for you. Enter your desired password and re-enter to verify accuracy. Select Complete Sign-Up.
- Once you have created your User Information, you will be directed to your Homepage of the Patient Portal. You may begin accessing your information through the appropriate tab selection.