



Midwest Gastrointestinal Associates PC

Tyron A. Ali, MD
Alexander B. Bernal, MD
John J. Cannella III, MD
Jason J. Cisler, MD
Rebecca A. Ehlers, MD
Derrick D. Eichele, MD
Helen Fasanya-Uptagraft, MD
Benjamin S. Hall, MD

Kimberly S. Harmon, MD
Jordan D. Holmes, MD
Grant F. Hutchins, MD
Deepti A. Jacob, MD
William C. Livingston, DO
Thomas R. McGinn, MD
Matthew M. McMahon, MD
Sheeva K. Parbhu, MD

Trevor J. Pearson, MD
Thoetchai "Bee" Peeraphatdit, MD
Rajani Rangray, MD
Kyle D. Rose, DO
Michael E. Schafer, MD
Marc A. Scheer, DO
Brian W. Ward, MD

OMAHA | BELLEVUE | COUNCIL BLUFFS | FREMONT
402.397.7057 midwestgji.com

8901 Indian Hills Drive, Suite 200, Omaha, NE 68114

Prep Instructions

Prep Instructions

GATORADE SPLIT - 2 DAY COLON PREP INSTRUCTIONS

Procedure Details:

Procedure Date: _____
Procedure Check-in Time: _____
Procedure Time: _____
Procedure Location: _____ Scheduled with Provider: _____

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

Your provider has referred you for a colonoscopy. Bowel preparation (cleansing) is needed to perform an effective procedure. Your provider has ordered you a Gatorade split dose prep as recent studies have clearly shown a split dose prep 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 prep instructions as directed below.

Contact our office immediately at 402-397-7057 if any of the following instances occur between the time you scheduled your procedure to the day of your appointment:

1. If you start a blood thinner
2. If you start any new medications
3. If you start a diabetic or weight loss medication
4. Develop COVID or upper respiratory infection
5. If you need to RESCHEDULE or CANCEL your appointment

Note: If you are of child-bearing potential, please contact your primary provider to arrange for a urine pregnancy test seven (7) days prior to your procedure. If you are certain you cannot be pregnant and prefer to refrain from prescribed testing, you may sign a pregnancy waiver the day of the procedure confirming you cannot be pregnant.

FIVE DAYS BEFORE YOUR COLONOSCOPY:

1. Familiarize yourself with all the colon prep instructions and contact our office at 402-397-7057 if you have any questions.
2. Purchase the following over the counter supplies:
 - Gatorade, quantity of two (2) 28-ounce bottles (avoid red, blue, or purple Gatorade)
 - Dulcolax Laxative 5mg tablets (quantity of 4 needed)
 - Miralax 8.3 oz/238 gram bottle (14 ounce daily doses) (quantity of 1 bottle)
 - Magnesium Citrate 10-ounce bottle
3. STOP medications specifically instructed to hold (only applies to patients instructed during the scheduling process).
4. Refrain from eating all types of nuts, popcorn, seeds and granola until after your procedure.
5. STOP all of the following if taking:
 - Herbal supplements
 - Curcumin/Turmeric
 - Vitamins
 - Stool bulking agents (such as Metamucil or Citrucel)
 - Iron supplements

6. DO NOT STOP aspirin if you have been instructed by a physician to take daily.

TWO DAYS BEFORE YOUR COLONOSCOPY: Upon AWAKENING:

1. You may eat a low residue breakfast (see attached informational sheet)
 2. After 12:00 pm: begin CLEAR LIQUID DIET ONLY
 3. Clear liquids described as "a drink you can see through."
 4. DO NOT consume liquids that are red, purple or blue in color.
 5. Drink clear liquids every hour throughout the day from the following list:
 - 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: regular or diet (7-Up, Sprite, Pepsi, Coke, Ginger Ale, Orange).
 - Jell-O
- Note: If you are a diabetic patient, consume non-sugar-free clear liquids for calorie support in blood sugar management
6. NO SOLID FOOD, ALCOHOL, or RECREATIONAL DRUGS.
 7. Drink 10-ounces Magnesium Citrate between 6:00 pm and 7:00 pm.

THE DAY BEFORE YOUR COLONOSCOPY: Upon AWAKENING:

1. Continue CLEAR LIQUID DIET (see list above).
2. NO SOLID FOOD, ALCOHOL, or RECREATIONAL DRUGS.
3. Stay hydrated: drink at least 8 ounces of clear liquids every hour

At 1:00 pm

- Take four (4) Dulcolax Laxative tablets with water.

At 4:00 pm

- Mix 1/2 bottle of MiraLAX (7 capfuls) with one (1) 28-ounce bottle of Gatorade.
- Shake the solution until fully dissolved.
- Drink an 8-ounce glass of your mixed prep every 30 minutes until solution is gone.
- Drink additional 8-ounces of water after finishing Gatorade prep.
- Mix the remaining 1/2 bottle of MiraLAX (7 capfuls) and another 28-ounces of Gatorade.
- Shake the solution until fully dissolved.
- Place the 2nd half of the prep after mixing in the refrigerator.

Note: continue to drink clear liquids until you go to bed.

THE DAY OF YOUR COLONOSCOPY:

1. NO SOLID FOOD, ALCOHOL, OR RECREATIONAL DRUG USE.
2. NO CHEWING/SMOKELESS TOBACCO PRODUCTS.

Start taking second part of prep: At 6:00 AM six hours prior to arrival & check-in, begin taking the second dose of the Gatorade prep.

- Follow the exact directions as the night before with the second 1/2 of the prep.
- Drink 8-ounces of water after finishing the Gatorade prep.
- The prep solution and water must be completed four (4) hours prior to arrival at facility.
- TAKE NOTHING ELSE BY MOUTH (NO EATING, NO DRINKING) AFTER YOU HAVE FINISHED THE PREP.
- Your bowel movements should be clear-yellow liquid (urine or lemonade looking).
- If your bowel movements are still brown and not clear, please call our office at 402-397-7057 (24hr service).
- Take your morning medications before 6:00 am with a few sips of water.

Note: If you are a DIABETIC PATIENT, please refer to "Special Instruction" sheet sent.

RIDE HOME:

You must have a responsible driver who has a valid driver's license to take you home. It is preferred that you have someone

drive you to the scheduled location, wait while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. In the event that your driver is not present at check-in you will be expected to validate your responsible driver. If check-in staff are unable to validate your responsible driver, your colonoscopy will be cancelled.

IMPORTANT: Public transportation is NOT an acceptable form of transportation following your procedure unless accompanied by a responsible adult. If you are scheduled at a hospital, please know individual hospital policies may require you to have a responsible adult stay with you for 24 hours post procedure.

FOLLOWING YOUR COLONOSCOPY:

1. Drink 8-ounces of liquid six (6) times before retiring for the night.
2. Do NOT drive, operate machinery, return to work or make important decisions for the remainder of the day.
3. You may resume normal activities the next day unless your provider states otherwise.

WHAT TO BRING TO YOUR COLONOSCOPY:

1. If you were sent forms through the patient portal, please complete them prior to your visit,
2. If you were sent forms through the mail, please fill them out and bring those completed forms with you.
3. Be prepared to provide first and last name of all your providers you want to receive a copy of your procedure report.
4. Responsible adult to drive you home (NO EXCEPTIONS). If no responsible adult driver, your procedure will be cancelled.
5. Insurance card(s)
6. Photo ID

WHAT TO WEAR TO YOUR COLONOSCOPY:

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

FREQUENTLY ASKED QUESTIONS:

Q. Why do I have to drink my prep at two different times?

A. Recent studies have clearly shown split dose preps result in higher quality examinations with increased detection of precancerous polyps.

Q. 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?

A. Stop drinking the prep for 30-45 minutes until symptoms subside, then resume prep.

Q. What if I drink all of the prep and I do not have a bowel movement?

A. If no stool by 9:00 pm, you should use a fleets enema. This can be purchased over the counter at any pharmacy. If after you administer the enema you still have no results, call our office at 402-397-7057 (24hr line).

Q. If I have clear colored stool return after consuming the 1st half of the prep, do I have to drink the 2nd half?

A. Yes, it is important that you drink the entire prep. Digestion continues throughout the night requiring the 2nd half of the prep to be drank to ensure best results.

Q. What should my bowel movements look like after I drink all of the prep solution?

A. 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 (24hr line).

Q. What if I have rectal discomfort?

A. You may apply petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

Q. Does my driver have to stay with me during the procedure?

A. 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 cancelled. 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 accompanied by a responsible adult.

Q. Can I eat after my procedure?

A. Usually you may resume your normal diet unless otherwise instructed.

Q. Will I be asleep for my procedure?

A. Yes, sedation will be provided to keep you comfortable throughout your procedure(s).