Frequently Asked Questions?

Q: Can I drink anything other than water?
A: Yes! It is important that you drink a variety of allowed clear liquids to avoid the possibility of becoming nauseated and dehydrated. Clear liquids include: apple and white grape juice or other non-citrus juices without pulp, Gatorade®, ginger ale, diet or regular 7-Up®, Sprite® or colas, Kool Aid®, water, clear broth, popsicles, honey and hard candies without filling. Also included in a clear liquid diet is black coffee or tea without cream or powdered creamer and jell-O without added fruit.

Q: Can I take other medications before the procedure?
A: Yes, except the ones listed on the enclosed pink Important Considerations form. Generally, you should take prescribed medication, as directed, both on the preparation day and on the day of the procedure. However, you must not take anticoagulants (blood thinners) for at least 3-5 days prior to the procedure. These include Coumadin®, aspirin, Plavix®, and ibuprofen.

Q: Do I need antibiotics before the procedure?
A: If you have had a total joint replacement less than 6 months ago or if you have had a mechanical heart replacement or if you require daily antibiotics for any other medical condition, then you do need antibiotics. If you have had a total joint replacement longer than 6 months ago or if you have a mitral valve prolapse, then you do not need antibiotics. Please contact the doctor who manages these conditions for the prescription.

Q: How long will the colonoscopy take?
A: The entire procedure usually takes less than an hour. You should plan to be at the facility for approximately 2 hours. The amount of time may vary from patient to patient, depending on how much sedation is needed and how you feel afterwards.

Q: I accidentally took ibuprofen or aspirin for pain, will my procedure need to be rescheduled?
A: If one dose was taken, you may still have your procedure. If more than one dose was taken, you will need to call the office of the physician scheduled to perform the colonoscopy.

Q: I am diabetic. What should I do about my diabetic medication?
A: Call the physician that manages your diabetes and tell them of your prep. That physician should determine how to change your diabetic medication.

Please use this form to make a list of your current medications with dosages. Bring this with you the day of your procedure.

If it is after hours and you have questions regarding your preparation, please call the office that your physician is associated with:

- Coon Rapids/Plymouth 651-312-1717
- Edina/Burnsville 651-312-1700
- Minneapolis 651-225-7855
- St. Paul 651-312-1620

Preparation for a Colonoscopy

Miralax and Gatorade® Prep
**WHAT IS A COLONOSCOPY?**

Colonoscopy is a safe and effective procedure that allows the doctor to visually examine the entire lining of the colon and rectum using a colonoscope (a long flexible tube about the thickness of a finger). The colonoscope allows your doctor, if necessary, to take a small sample of tissue for examination under a microscope (a biopsy), or remove a polyp (polypectomy).

**Bowel Preparation**

- Prior to preparing for your exam, please read this entire brochure and the “Colonoscopy Instructions” brochure. If you have any questions about these bowel preparation instructions, please call the office of the physician scheduled to perform the colonoscopy.
- Purchase four (4) delayed-release Dulcolax tablets, one (1) 8.3 oz bottle of Miralax, one (1) 64 ounce bottle of Gatorade®, and one 10 oz. bottle of lemon magnesium citrate. You may refrigerate the Gatorade® if you wish to drink it cold. You will not need a prescription for any of these products.

**1 Day Prior to Procedure**

- On _______ at ________, you must begin a clear liquid diet. You may NOT eat any solid food or semi solid food (i.e. applesauce, oatmeal, mashed potatoes).

- Acceptable clear liquids include: apple and white grape juice or other juices without pulp, Gatorade® or other sports drinks, ginger ale, diet or regular 7-Up®, Sprite® or colas, Kool Aid®, water, clear broth, popsicles, honey and hard candies without filling. Also included in a clear liquid diet is black coffee or tea without cream or powdered creamer and jell-O without added fruit.

- On _______ at ________, take the four (4) delayed-release Dulcolax tablets with any clear liquid.

- On _______ at ________, pour out about 8-ounces of the Gatorade® to allow room for the Miralax powder. Pour the 8.3 oz bottle of Miralax into the Gatorade® bottle and mix together. Drink (1) 8-ounce glass of the solution every 15 minutes until the bottle is empty.

- If you experience nausea or vomiting, rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the prep solution.

- Individual responses may vary. This laxative will cause multiple bowel movements and diarrhea. It often works within 30 minutes, but may take longer.

**Procedure Day**

Four (4) hours before your procedure:

On _______ at _______, drink the entire 10 oz. bottle of lemon magnesium citrate. Continue the clear liquid diet until 3 hours prior to your procedure. PLEASE STOP ALL CLEAR LIQUIDS AT _______ AM/PM ON _______.

**Beginning the Laxative**

Be near a restroom after starting your laxative. Apply A & D® ointment or Vaseline® to the anus to prevent irritation if needed.

Drink one gallon of liquid, after the prep starts.

- You should consume at least one gallon of clear liquids (between 10 am and 8 pm). Drink at least (1) 8-ounce glass of clear liquid every hour. The more clear liquids you drink throughout the day, the better the laxatives will work for you.

- If you take diuretics please drink additional Gatorade® or other sports drinks with your clear liquids throughout the day.

- Do not drink or consume milk or any dairy products.

- Do not drink or consume anything that is red or purple in color.