

Colonoscopy – Gatorade Prep Instructions

- Your appointment is on: _____
- Check in time: _____
- You are scheduled to have your test done at:

North Kansas City Hospital
Health Services Pavilion, 7th Floor GI Lab
2790 Clay Edwards Drive
Kansas City, MO 64116

Briarcliff Surgery Center
4150 N. Mulberry Drive
Suite 100
Kansas City, MO 64116

What is the test?

You will be having a testing called a colonoscopy. During this test, the doctor will be examining your colon with a special instrument called an endoscope. This instrument is a long, flexible tube, similar to a telescope, which allows the doctor to see the inside of your colon. If necessary, a tissue sample (biopsy), or removal of a growth (polyp), may be done. You will not feel this.

This procedure takes 30-45 minutes. However, you should plan to be in the GI Lab for 2 ½ - 3 hours (from your time of arrival until you are ready to leave).

How should I get ready?

You will need to clean out your bowel for this test. To prepare yourself, follow the instructions below.

First you will need to pick up the following:

- One 14 day dose bottle of Miralax
- One small box of Ducolax Laxative Tablets
- One 64oz. bottle of Gatorade. **If you have diabetes**, you may use Powerade Zero or Crystal Light. *(no color or flavor restrictions)*

1. **The day before the exam:** You may have a light breakfast, such as one hardboiled egg and a dry piece of toast. You will then be on a clear liquid diet until bedtime. Clear liquids include, chicken or beef broth, Jell-O, soft drinks, tea, clear fruit juice, popsicles, and water. **Do not eat or drink anything after midnight.**
2. **At noon**, take two (2) Ducolax Tablets.
3. Mix your 14 day dose Miralax in your 64oz. bottle of Gatorade.
4. **At 4pm**, begin drinking 8 oz. of Gatorade every fifteen (15) minutes until completely gone. This will take two (2) hours. If you begin to feel nauseated, please stop for 30 minutes, then resume.
5. **At 8pm**, take two (2) more Ducolax Tablets.

What should I

The tablets and the liquid will make you go to the bathroom. You will notice

know?

that your stool will gradually become lighter in color and then green or clear.

If you develop severe pain or bright red bleeding from the rectum or develop excessive bloating with no bowel movements, stop and call our office at (816) 527-0031.

What else should I know?

1. **If you have diabetes**, do not take your usual dose of Insulin or oral diabetes medication on the day of the exam. Please check with your Primary Care Physician to discuss medication intake, as your food intake will be lower than usual. This will help to avoid any episodes of low blood sugar during the prep or procedure. **Do not take Metformin the day of the procedure.**
2. **Medications:** If you are taking any of the following medications, **you will need to be off these medications for five (5) days before the exam.** Please check with your Primary Care Physician for instructions, and to determine if you are able to discontinue these medications.
 - Aspirin, ibuprofen, arthritis medications or non-steroidal medications (such as Advil, Aleve, Motrin, Celebrex, Naproxen, or Bextra)
 - Coumadin, Warfarin, Plavix, or other blood thinners
 - Iron pills, herbal medicines or supplements
 - Metoprolol, Pradaxa (dabigatran), Xarelto (rivaroxaban), or Eliquis (apixanban) will **need to be stopped one (1) day before the procedure** so not to interact with anesthesia.
3. **Blood pressure, heart, asthma, or seizure medications** may be taken with a small sip of water at least **three (3) hours** prior to your procedure.
4. **Bring a list of your medications**, including the strengths, doses, and when you take them.
5. Please arrange for a friend or family member to accompany you to your procedure. **YOU WILL NOT BE ALLOWED TO DRIVE FOR THE REMAINDER OF THE DAY.**

If you cannot keep your appointment, please call at least 72 hours (3 business days) in advance. Call (816) 527-0031 to cancel or reschedule. Failure to notify may result in a charge of \$150.00, and will be required to be paid before your procedure can be rescheduled.

On the day of the test:

Plan to arrive **15 MINUTES** before your scheduled check in time. **Please bring:** your list of medications, insurance cards, picture ID, and any medications you may need to take (after the colonoscopy).

Test Results

You may have biopsies taken or polyps removed during the test. These are sent to a laboratory to be processed and examined under a microscope. We will call you with your results. Please allow two (2) weeks for the results to become available.

Questions?

If you have any questions, please do not hesitate to call us at (816) 527-0031.