

1 DAY COLONOSCOPY PREPARATION

MIRALAX/DULCOLAX/GATORADE

****Please read through this entire document completely to ensure you have all important information regarding your procedure****

****Important notices****

- It is the responsibility of the patient to ensure we are within your network. Please call the number on the back of your **insurance** card to verify policy prior to your appointment to avoid receiving an unplanned bill amount.
- Please note that we require 48 hour notice for **cancellation** and rescheduling. Appointment changes made within 48 hours' notice may be subject to cancellation fees.
- You will be receiving an email/text prior to your appointment date to complete your **registration**. Please complete this **PRIOR** to your appointment time to cut down on wait time. If unable to complete your registration, please come 15 minutes early to complete.
- Be sure you have a **driver** as well as a responsible adult to be with you for 24 hours after your appointment. We cannot accept Uber/Lyft or other rideshare/taxi services as an acceptable form of transportation. If you come to your appointment with **unacceptable transportation mode**; your appointment **WILL** be canceled
- **Balances and Co-pays** are due at time of check in; if we are unable to collect your appointment may be canceled
- If you have a remaining **deductible** with insurance, you may receive a call from our business office to inform you of the amount due. These **MUST** be taken care of at check-in time the day of your appointment.

In Preparation:

1. Buy at any pharmacy or local grocery store(Walmart, Target, etc)
 - a. 1 bottle of Miralax powder (8.3oz/238 grams)
 - b. 4 Dulcolax (Bisacodyl) Laxative - 5 mg tablets
 - c. 64 oz. Gatorade (NO RED or PURPLE)
2. Stop taking **iron** one week before the day of your procedure.
3. If you take a blood thinner, check with your primary doctor who prescribes it as to when you should stop your medicine. Typically, we like Coumadin or Warfarin, and Plavix to be stopped 5 days prior to procedure. Eliquis and Pradaxa are held 2 days prior to procedure. If you are on **Coumadin or Warfarin**, an INR will be needed at least two days prior (no earlier) to your procedure. Please have your doctor fax this to our office at 952-368-3801 or bring the result to your appointment. **If you choose, the INR can be performed in the Surgery Center the day of your procedure.**
4. Do not stop **aspirin** if you are taking it for blood thinning purposes. Otherwise, stop taking it one week prior to your procedure.
5. If you are **diabetic**, check with your primary care physician regarding medication or insulin and dietary directions/restrictions.

1 Day before your Procedure:

1. Begin Clear liquid diet

Examples of a Clear Liquid Diet:

- Water: drink at least 8 glasses of water during the day
 - Clear broth or bouillon
 - Gatorade®, Pedialyte® or PowerAde® (No red)
 - Carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale)
 - Strained fruit juices without pulp (apple, white grape, white cranberry)
 - Jell-O®, popsicles, hard candy (No red)
 - **No red liquids; No coffee; No alcohol; No dairy products**
2. Mix the entire contents of Miralax powder with Gatorade and refrigerate.
 3. **12:00 NOON** Take the 4 Dulcolax tablets
 4. **5:00 PM** Start drinking the Miralax/Gatorade prep at 5:00 PM. Drink an 8 oz. glass every 10-12 minutes. ****NO BROTH AFTER STARTING PREP****
 5. You may feel bloated and nauseous while taking the prep.
 6. Be sure to take **ALL** of the prep. Your procedure will not be done if the prep is incomplete.
 7. You will experience frequent loose bowel movements. They should stop around bedtime. Stool should be clear and light tan but not cloudy.
 8. Continue clear liquids until bedtime. Do not eat or drink anything including water after midnight or 6 hours prior to **ARRIVAL** time

Day of Procedure:

1. Arrive for your procedure at the scheduled **ARRIVAL** time – unless you were unable to complete online pre-registration. Bring a list of your current medications, your **insurance card(s), and your drivers license**; or your procedure may be cancelled.
2. Your driver is welcome to come in and wait with you until you are taken to the intake area, we request at this time that all drivers exit the building until you are called when the patient is in recovery – then you may come back and go to recovery with the patient. You **CANNOT** drive a car or take a taxi or bus home. Your procedure will be cancelled and rescheduled for a later date if this is not prearranged. *If accompanying a minor you must stay in the facility the whole time of the appointment*
3. You can expect to be in recovery for around 30 – 35 minutes. Expect to feel a little groggy after your procedure.
4. Plan to be at the surgery center for 2-3 hours MAX. *Wait times may vary*

After you are home:

1. If you have a delicate digestive system you MAY want to eat lighter than normal for your first few hours after your procedure.
2. Possibly avoid greasy and/or spicy foods until after you put something lighter into your system.
3. Unless otherwise directed, you may resume eating normally.
4. Resume all medications as directed by your physician.



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Please call us at 952-368-3800 for any questions before or after your procedure.

Please listen to the menu options as our phones have recently changed.

Bhatti Surgery Center: 1447 White Oak Dr, Chaska MN 55318
First door closest to the entrance of the parking lot.

****Note: We try our best to keep your scheduled time; however, there may be a situation when we may need to change your procedure time; wait times may also vary. We try our best to stay on schedule for all patients, however we cannot anticipate if some patients may need more treatment than others. Please be patient with our reception and nursing staff as some wait times may be delayed at times.**

Prep check list:

<input type="checkbox"/>	Buy the prep materials: <input type="checkbox"/> 1 bottle of Miralax powder (8.3oz/238 grams) <input type="checkbox"/> 4 Dulcolax (Bisacodyl) Laxative - 5 mg tablets <input type="checkbox"/> 64 oz. Gatorade (NO RED or PURPLE)
<input type="checkbox"/>	Call your insurance to verify Bhatti GI Consultants is within your network
<input type="checkbox"/>	Complete online registration (via text or email)
<input type="checkbox"/>	Find a ride and someone to stay with you for 24-48 hours after
<input type="checkbox"/>	Watch for your pre-call from our nurses to go over health and procedure information
<input type="checkbox"/>	Stop taking Iron
<input type="checkbox"/>	Contact your physician about your blood thinners (1 week prior)
	The day prior to your procedure:
<input type="checkbox"/>	Start Clear liquid diet
<input type="checkbox"/>	Take 4 Dulcolax tabs at NOON
<input type="checkbox"/>	Drink Miralax & Gatorade mix at 5PM