



Procedure Date: _____

Arrival Time: _____

Bowel Preparation Instructions for COLONOSCOPY

Five days before the procedure

- No nuts, seeds, or quinoa
- No aspirin, aspirin products, fish oil, or Vitamin E supplements
- If you are taking **Aspirin** based products, **fish oil** supplements, or extra **Vitamin E**, please contact our office for further instructions. If you are currently taking blood thinners such as **Xarelto, Eliquis, Lovenox, Coumadin or Plavix**, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician or cardiologist.
- Purchase the following items at your drug store:
 - 238 gram (8.3 ounce) bottle of MIRALAX
 - 64 ounces of Gatorade, G2, or Powerade (any color of liquid is fine)

Two days before the procedure

- Stop your fiber supplements (Kashi bars, high fiber cereals, Metamucil, Konsyl, Benefiber, Citrucel, etc.)

The entire DAY BEFORE the procedure

- **NO SOLID FOODS** – Restrict your diet to clear liquids only.
- **YOU MUST DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE ENTIRE DAY** – it is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day BEFORE you start your prep. You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. You may have Jello, bouillon, consommé, apple, white grape or cranberry juice, Gatorade, black coffee, tea, cola, ginger ale, or water. Anything that melts into a clear liquid (sorbet, Italian ice, ice, lifesavers) is allowed. Milk, cream, anything with pulp, or alcoholic beverages is **NOT** allowed.

The DAY BEFORE the procedure

- 3 pm:** Take 2 Dulcolax Laxative pills with a glass of clear liquid
- 6 pm:** Mix one 238 gram bottle of MiraLax in 64 ounces of Gatorade or Powerade (Any color of the liquid is fine.) Stir 3 minutes to dissolve the powder completely. You may use ice to chill the solution once it is dissolved. Drink an 8 ounce glass every 20 minutes until finished. You should finish the entire 64 ounces of solution over the next 3 hours..
- 10 pm:** Take 2 more Dulcolax only if the stools are not clear or “see through”
- Afterwards, you may then drink all the clear liquids you like until midnight to avoid dehydration and to clean out the colon.
- Do not eat or drink anything after midnight other than the G2 Gatorade as directed FOUR hours prior to your COLONOSCOPY time.

MORNING OF PROCEDURE:

- Shower and wash your hair the morning of surgery. Remove your body piercings.
- Do NOT shave or wax near where you will have surgery. Do NOT apply lotions, powders, hair spray, perfume or make up.
- Drink your 12 ounce G2 Gatorade three hours prior to your surgery time (which should be one hour prior to your arrival time).
- Patients taking daily medications may take their regular morning dosages with a very small sip of water or wait until after the procedure is completed to take them.



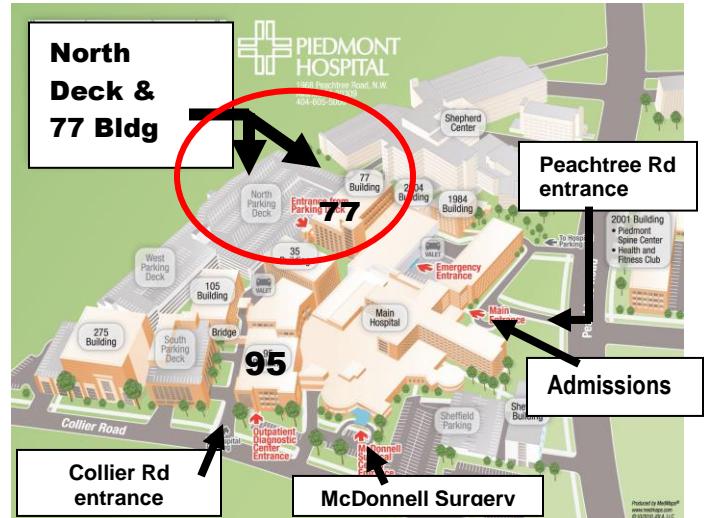
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For SURGERY @ PIEDMONT HOSPITAL Park in the NORTH parking deck

Take the elevator to the bridge leading to the first floor on the main hospital level

- **SURGERY** – arrive at least 2 hour priors to surgery
 - 1968 Peachtree Road, 1st floor
 - Report to ADMISSIONS by Elevator A.
 - Once you check in, you will go to the Surgery Waiting Area where you will wait until it is time to go to the Pre-Op unit and be prepared for surgery
 - Female patients of childbearing age (50 and under) should be prepared to give a urine specimen on arrival for pregnancy testing.



After the procedure (OUTPATIENTS going home the same day of surgery)

- You must have someone responsible drive you home after ambulatory surgery - these are hospital rules because you will be given a sedative for the procedure. Your procedure will be cancelled, rescheduled or performed without sedation if you do not have a responsible escort home.
- You should plan to fill your prescriptions, go home, and rest quietly for the remainder of the day.
- You should not drive or make legal decisions for the remainder of the day.

After the procedure (INPATIENTS to be ADMITTED to the hospital after surgery)

- Hospital room assignments are not made until AFTER your procedure is completed and you are in the Recovery Room.
- Your family/visitors will wait in the Surgery Waiting area until a room is assigned. The average length of time in the Recovery Room is 2 hours or until an appropriate nursing unit bed is available.
- Biopsy/pathology reports take about 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.
- If you have any questions, please contact our office prior to your exam.

What should I bring with me?

- A list of your current medications with dosages
- Driver's license or government issued photo ID (as identification) and all insurance cards
- Eyeglasses if you wear them since you will be asked to sign legal documents
- Any forms your doctor has asked you to bring with you on the day of surgery
- Do NOT bring any valuables (money, jewelry, watch, etc.) with you. We cannot be responsible for valuables

Be sure to visit our website www.atlcrs.com to check our Frequently Asked Questions (FAQs) section.

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