

Your procedure is scheduled at _____ on _____

The Surgery Center will call you two (2) days before your procedure to give you an exact arrival time and review your health history.

PURCHASE:

- 238 g bottle of Miralax® or Dulcolax® Balance (or generic polyethylene glycol-3350) available in the laxative section of most grocery stores and pharmacies
- 64 oz Gatorade®, Crystal Light®, apple juice (No red or purples colors)– You won't need this if you are planning to use water with the prep
- Buy a 119 g bottle of Miralax® as a back-up in case bowel movements are not liquid

If you are on **BLOOD THINNERS**, stop taking the medication **7 days prior to your procedure**, or as directed by your primary care physician.

DAY 5	DAY 4	DAY 3	DAY 2	DAY BEFORE PROCEDURE	DAY OF PROCEDURE
<p>5 days before procedure: STOP TAKING multivitamins, iron, Vitamin E, Omega-3 oils, fiber preparations. Avoid NSAIDS, Advil®, Aleve®, and Ibuprofen if possible. Tylenol® and Aspirin (full strength or baby) are ok.</p>				<p>CLEAR LIQUIDS ONLY (See next page) NO SOLID FOOD until after procedure. Do not take your diuretic (water pill). If you are diabetic, take only half of your normal diabetic medication dosage. No alcohol.</p>	<p>NO SOLID FOOD until after procedure.</p> <p>If your procedure time is scheduled today at NOON or later, you will complete your prep today as follows:</p> <p>6am: Drink the remaining 32oz of the Miralax® solution- 8oz every 15 minutes.</p> <p>If two hours after finishing all of the Miralax you still have bowel movements that are not liquid, please call the surgery center: Alberty Surgical Center- 503-445-9066 Ext. 4623 Downtown Surgical Center- 503-221-2196 Ext. 2196</p> <p>MAY CONTINUE CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE CHECK-IN</p> <p>Do not take your diuretic (water pill). If you are diabetic, take only half of your normal diabetic medication dosage. No alcohol.</p>
		<p>3 days prior to procedure:</p> <p>NO fresh/raw fruits or vegetables (cooked, canned is ok). No seeds, nuts, tomatoes, berries, melons, cucumbers, chunky peanut butter, seeded bread, brown rice, beans (legumes).</p>		<p>MORNING: Mix 238g bottle of Miralax® with 64oz of liquid (i.e. water, Gatorade®, Crystal Light®, apple juice) and place in refrigerator. NO RED OR PURPLE COLORS!</p> <p>2:00PM: Begin drinking the Miralax® solution. Drink an 8oz cup every 15 min until the first 32oz is gone.</p> <p>If your procedure time is before noon: 7:00PM: Drink the remaining 32oz of the Miralax® solution- 8oz every 15 min.</p>	
		<p>OK Some examples are: Bread (w/o seeds), applesauce, pasta, eggs, white rice, cooked oatmeal, potatoes, all dairy products, canned fruit, chicken, seafood, beef, cooked/canned vegetables.</p>		<p>If two hours after finishing all of the Miralax® you still have bowel movements that are not liquid, please drink an extra 119g of Miralax® with 32oz of fluid. If there is still no effect two hours later, please call our office 503-221-0161 and have the on-call GI doctor paged further instructions.</p>	

IMPORTANT INFORMATION:

If you take nitroglycerin, have asthma inhalers or use a CPAP machine, please bring them with you to your procedure appointment.

Due to the sedation you receive you will need to arrange transportation home, by a responsible adult, after the procedure. If you do not have a driver your procedure will be cancelled. We may request that your driver remain at the facility until you are discharged. You may use a taxi but **only** if you are accompanied by a responsible adult. You may **not** use public transportation (Max line or Bus) under **any** circumstance.

*An acceptable alternative to public transportation is Metro West/Comfort Car - 503-648-6656. Call ahead to make arrangements. If necessary, you can be billed for later payment.

You are not allowed to drive until the day after your procedure.

PLEASE NOTE: IF YOU NO-SHOW FOR YOUR PROCEDURE AND/OR CANCEL/RESCHEDULE WITH LESS THAN 3 BUSINESS DAYS NOTICE YOU WILL BE CHARGED \$200.

COLONOSCOPY PREP HELPFUL TIPS:

To reduce discomfort, purchase a box of wet wipes such as Charmin Freshmates® to use instead of toilet paper.

To take the guess work out of mixing your Miralax®, look for an acceptable liquid that comes in a 32oz bottle. Combine two 32oz bottles of liquid and the bottle of Miralax® in a large pitcher, stir to combine and refrigerate.

You may feel chilled, crampy, bloated or nauseated due to the volume of liquid. This should improve when you start having bowel movements. If you feel really sick, stop drinking for an hour and let things move downstream.

Keep plenty of clear liquids on hand to drink, preferably liquids with electrolytes. Stay hydrated!

CLEAR LIQUID DIET:

What is a clear liquid? A good rule-of-thumb is anything you can see through, **EXCEPT ANYTHING WITH RED OR PURPLE**. For example, apple juice is clear but milk is not. If you have any questions about this please check with your physician's office.

Clear liquid diet purpose: A diet of clear liquids maintains vital body fluids, salts and minerals and also gives some energy when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal track. Red and purple colored foods stain the GI tract and the doctor cannot get a clear view.

ACCEPTABLE		UNACCEPTABLE	
Broth	Sports drinks	Milk	ANY food or drink with
Jell-O®	Vitamin water	Cream	red or purple colors
Popsicles	Plain coffee	Dairy products	ALCOHOL
Soda	Plain tea	Soy/nut based dairy liquids	
Apple juice	Hard candies	Protein powders	
WHITE grape juice	Non-pulp fruit ice	Juice with pulp	
WHITE cranberry juice	CLEAR Ensure®		

Call the doctor's office for help if you have any trouble or don't understand the prep instructions:

Downtown Office: 503-221-0161, ext. 2130

Downtown Day Surgery: 503-221-0161, ext. 2196

Tigard Medical Office: 503-293-0161, ext. 4053

Alberty Surgical Center: 503-445-9066, ext. 4623