

## Robert P. Gilbert, M.D.

### INSTRUCTIONS FOR COLONOSCOPY

#### YOU WILL NEED TO PURCHASE THE FOLLOWING ITEMS AT THE PHARMACY, NO PRESCRIPTION IS NEEDED:

- \*ONE (1) box of **DULCOLAX** tablets (*LAXATIVE*, not stool softeners or suppository) (only 4 tablets will be used)
- \*TWO (2) 119gm bottle of **MIRALAX** powder
- \*TWO (2) 32oz bottles of Gatorade, PowerAde, Propel

**ONE (1) WEEK prior to your procedure STOP MEDICATIONS that can cause bleeding.** These include Aspirin, Aggrenox, Coumadin (Warfarin, Jantoven), Plavix, Alka Seltzer and Percodan. **Also stop anti-inflammatory type drugs including** Empirin, Bufferine, Ascriptin, Ibuprofen, Motrin, Advil, Medipron, Nuprin, Naproxen, Aleve, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin (Indocin), Diclofenac and Voltaren, **you will also need to stop any diet medications such as** Phenteramine, phentramine, phendometrazine and adipex. Tylenol and other brands of acetaminophen are safe to use prior to the procedure.

#### You will start your preparation the day before your colonoscopy.

1. Please take routine medications and start a clear liquid diet as you wake up.
2. **Prepare the Miralax mixture:** combine one bottle of **Miralax** (119g/4.1oz) with one **32oz** bottle of Gatorade, Powerade, or Propel. Shake vigorously until powder is dissolved and refrigerate; Repeat steps with additional miralax and 32oz to **create TWO SEPARATE MIXTURES**. You will be using these two mixtures later in the day.
3. **DO NOT EAT ANY SOLID FOODS- ONLY LIQUIDS, NOTHING RED OR PURPLE:** Soft drinks (Cola, Ginger Ale, etc), Gatorade, PowerAde, Strained fruit juices without pulp (apple, white grape, lemonade, etc), water, tea, coffee (without milk or non-dairy creamer), chicken broth, hard candies and Jell-O (lemon, lime or orange- NO fruit or toppings) and popsicles (no sherbets or fruit bard) are allowed.  
*Drink plenty of liquids all day*
4. At **3PM**... take two (2) **DULCOLAX** tablets
5. At **4PM**... start drinking the **MIRALAX MIXTURE**. Drink 8oz glass of the mixture every 15-20minutes.
6. At **10PM**... take two (2) **DULCOLAX** tablets
7. At **11PM**... start drinking the **MIRALAX MIXTURE**. Drink 8oz glass of the mixture every 15-20minutes.
8. **NOTHING BY MOUTH AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE (this includes water). NO SMOKING AFTER MIDNIGHT.**

Do not take any medications the morning of the procedure, **except for blood pressure or heart medications**. Some of these medications may direct you to take with food. The morning of the procedure, take this medication with **ONLY** a small sip of water – **NOT** with food or milk.

On \_\_\_\_\_ report to **FMC SURGERY CENTER** (SIDE ENTRANCE TO OUR BUILDING – 14547 Bruce B. Downs Blvd.)  
Billing Department ph#813-528-4979

On \_\_\_\_\_ report to **ADVENTHEALTH HOSPITAL TAMPA** (MAIN ENTRANCE, CHECK IN @ PATIENT SERVICES -3100 E. Fletcher Ave.) Billing Department ph#813-615-7848

#### **\*\*Surgery Center staff will call the day before the procedure with arrival time\*\***

Before the procedure you will be given an injection (Propofol or moderate sedation) administered by a registered anesthetist to make you sleep during the procedure. Because of these medications you must have an adult driver take you home afterwards. Please do not plan on doing any driving on the day of your procedure.

#### **\*\*Cancellation/Rescheduling Notice\*\***

A **48-hour** notice is required for all procedure cancellations and rescheduling.

If a 48-hour notice is not provided for cancellations, it will be necessary to charge a \$50.00 fee. This will be due prior to rescheduling your procedure.

**813-977-8985**