



## INSTRUCTIONS FOR YOUR PROCEDURE

**What: Colonoscopy with MiraLAX**

**Where:**

<b>FRONT RANGE ENDOSCOPY CENTER</b> 719 N CASCADE AVE 719 – 433 – 7224	<b>SCOPE</b> 2920 N CASCADE AVE 719 – 362 - 2300 1 <sup>ST</sup> FLOOR	<b>MEMORIAL HOSPITAL CENTRAL</b> 1400 E BOULDER ST 719 – 365 – 5543 CHECK IN AT THE NORTH ENTRANCE	<b>PENROSE HOSPITAL</b> 2222 N NEVADA 719 – 776 – 8010 PRE-REGISTRATION AND SCHEDULE A PRE-OP	<b>ST. FRANCIS HOSPITAL</b> 6001 E WOODMEN RD 719 – 776 – 8010 PRE-REGISTRATION
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**When: Date:** \_\_\_\_\_ **Check-In Time:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_

**Failure to adhere to the following instructions may result in cancellation of your procedure.**

**\*\*IMPORTANT INSTRUCTIONS\*\***

1. Please wear loose, comfortable clothing. Bring your insurance cards, a photo ID, and a co-pay if needed.
2. If on anticoagulants, follow the protocol prior to your procedure. Please check with your prescribing physician.
3. Diabetics: The day of your procedure, please hold oral diabetic medications and short acting insulin until after the procedure. Please check with your prescribing physician.
4. **Continue to take your pain, psychological, blood pressure, and seizure medications as normal, but NOT WITHIN 4 HOURS OF THE PROCEDURE. (Hold Lisinopril day of procedure)**
5. You **MUST** be accompanied by a responsible adult to drive you home. Buses and taxi services are not permitted unless you are accompanied by an adult.
6. If you cannot keep this appointment for any reason you must call the office at 719 – 636 – 1201. **48 hours'** notice is required, or you will be subject to a **\$250 fee**.
7. Absolutely nothing to drink 4 hours prior to procedure.
8. If your procedure is scheduled after 12:00 noon, you may have **CLEAR LIQUIDS** until 4 hours prior to your **CHECK IN** time.
9. **Please be advised that your procedure will likely be cancelled if you are found to have used illicit drugs within 14 days of your procedure or marijuana the day of your procedure.**

\*Please be advised\*

Every procedure will incur three of four separate fees that you will receive a bill for:

1. Facility fee – Facility where the procedure is performed.
2. Physician's fee – Peak Gastroenterology Associates, P.C.
3. Anesthetist's Fee
4. Pathology Fee – From the outside laboratory that performs tests on any biopsies taken during your procedure.

# How to Prepare for your Colonoscopy

## 1. Two to three days before you start your prep:

- ✦ Purchase one bottle of MiraLAX (over the counter laxative section) in either 238- or 255-gram bottle.
- ✦ Purchase bisacodyl 5mg tablets – any brand laxative, NOT STOOL SOFTENER.
- ✦ Purchase two 64 oz of G2 Gatorade, Gatorade or Powerade (NO RED/BLUE/PURPLE)
- ✦ Optional – baby wipes, depends, Desitin, or A & D Ointment.
- ✦ Follow the low-residue/low-fiber diet. See the attached guide.

## 2. The day before your procedure:

- ✦ You MAY drink: water, lemon/limeade, Gatorade®, Sprite®, 7 UP®, Ginger Ale, coffee and tea (without creamer, sugar and sweetener are ok), clear broth, bouillon, popsicles and Jell-O® that are not red or purple.
- ✦ You may not EAT anything the day before or the day of your procedure!
- ✦ You may not drink anything red or purple!
- ✦ You may not consume milk/dairy!
- ✦ You may not consume alcoholic beverages!
- ✦ You may not consume dark sodas!
- ✦ You may not consume any fluids 4 hours prior to your procedure.
- ✦ **Take two bisacodyl tablets at 2:00 PM.**
- ✦ Then mix half the bottle of MiraLAX with 64 OZ of Gatorade or Powerade.
- ✦ **Drink the solution at \_\_\_\_\_.**
- ✦ **Repeat the above process with the remainder of the MiraLAX at \_\_\_\_\_ the day of the procedure.**

## 3. The day of your procedure:

- ✦ **Stay on the clear liquid diet; you can have clear liquids up to four hours prior to your procedure. Stop all fluids 4 hours prior to your procedure.**

### Helpful Hints

- BABY WIPES ARE KINDER THAN TOILET PAPER
- PETROLEUM JELLY SOOTHES SORE AREAS
- KEEP SMILING! ☺