

## Shopping List

We suggest you buy these items **at least 3 days** before the procedure to assure you have everything you need.

**From your local pharmacy or grocery store, available without prescription:**

1. Three **Dulcolax** tablets available at your local pharmacy.
2. One **238-gram** bottle of **Miralax (glycolax)** purchased at your local pharmacy. *Follow our instructions, not what is on the bottle.*
3. **Magnesium Citrate (2)** 10 oz bottles.
4. **Desitin** or **A&D Ointment (optional)** for sore bottoms.
5. Two-32 oz **or** One 64 oz bottle of **Gatorade**(any flavor).
6. **Baby wipes or aloe wipes (optional)** to prevent sore bottoms
7. **Clear liquids** (see list below)

### Clear Liquids

The **day before the exam** you will be on a **clear liquid diet from the time you wake up in the morning.** This is to insure that you are completely cleaned to perform a thorough exam.

**You may have:**

- Broth, consommé, or bouillon
- Juices (white grape, apple, lemonade)
- Tea, coffee (do not add creamer or milk)
- Soft drinks such as colas, Dr.Pepper, Sprite
- Desserts-water ices, popsicles, Jello.

**Do not drink** anything that contains the colors **RED, BLUE OR GREEN.**

## Frequently Asked Questions

### *How do I know the prep is adequate?*

The stool should be watery in consistency but does not need to be completely clear in color because the digestive juices will continue to tint the stool yellow color. The stool should not be muddy or thick. You may take a **bottle of magnesium citrate** if stool is not watery within **six hours** of starting your prep. Call our office if still not passing clear fluid in morning.

### *What side effects do I expect while taking prep?*

The prep works by flooding the intestines. You may experience cramping, bloating, and chills, as well as nausea and vomiting. This is temporary. You may slow down until symptoms improve. You may feel weak; this feeling may be relieved by increasing your fluid intake. You should have all bathroom rights while prepping as sometimes the urge to evacuate comes upon quickly! You may have a sore bottom due to the diarrhea. Use Desitin or A&D Ointment and wipes to prevent soreness. You may also soak in the tub.

### *When can I eat solid food again?*

You will be happy to know that you can eat again after the procedure! We will advise you before leaving the center on what foods are recommended after this procedure.

Please visit our website for further information.

**[www.nashville-endoscopy-center.com](http://www.nashville-endoscopy-center.com)**



**Nashville Endoscopy Center  
300 20<sup>th</sup> Ave, North 8<sup>th</sup> Floor  
Nashville, TN 37203**

**615-284-1335**

**615-284-1336 appt. scheduling**

**615-284-1400 (after hours)**

**[www.nashville-endoscopy-center.com](http://www.nashville-endoscopy-center.com)**

**Your appointment time is \_\_\_\_\_  
on \_\_\_\_\_.**

**Please arrive 15 minutes before  
scheduled time unless otherwise  
instructed.**

*Please take a few moments to read over this  
entire pamphlet a few days before your  
procedure. Call us if you have any  
questions or concerns regarding your  
preparations for the procedure.*

**You must plan to have a licensed driver to  
take you home after the procedure or the  
procedure will be cancelled.**

## Constipation Colonoscopy Preparations

### Medical Precautions

1. If you are taking **Plavix** or **Coumadin**, you will need approval from your primary care physician or cardiologist that these medications can be temporarily stopped before the procedure. Plavix needs to be stopped **7 days** prior to a colonoscopy. Coumadin is discontinued **3 days** beforehand.
2. **Iron Tablets**-stop 7 days prior to your procedure (multivitamins are okay)
3. **Diabetes**-Please consult with your primary physician for adjustments of oral diabetic medications and insulin.
4. Patients with **Kidney Disease** or **Congestive Heart Failure** cannot use the *Gatorade Prep*. An alternative bowel prep will be recommended.

Medications for **high blood pressure, heart disease, asthma or breathing difficulties** may be continued and taken the day of the procedure with a sip of water

(Follow this preparation the **day before** the procedure.)

- A. In the morning the day before your scheduled procedure start the **Clear Liquid Diet** as described.
- B. **9:00 am Mix Miralax** with Gatorade. Use ½ bottle of Miralax in each 32-oz bottle of Gatorade or whole bottle in 64-oz bottle of Gatorade. **Refrigerate mixture** for later use in afternoon.
- C. **9:00 am** Take **3 Dulcolax** pills.
- D. **12:00 noon** Drink 1<sup>st</sup> bottle **Magnesium Citrate** (best if chilled)
- E. **2:30pm** Take **Metaclopramide tablet** (attached to sheet). This will help prevent nausea.
- F. **3:00 pm drink half of the Gatorade mixture**. Drink about one tall glass every 10 minutes until complete.
- G. **4:30 pm drink the remaining half of Gatorade mixture**.
- H. Make sure to drink all of the Gatorade mixture. If you are having difficulty it may be necessary to slow down your consumption. Using a straw and chilling mixture is helpful.
- I. At **9:00pm** if not having clear stools drink 2<sup>nd</sup> bottle of **Magnesium Citrate**.
- J. Times may be altered in taking prep if necessary to suit your schedule. This timeline works well to prevent late night trips to the bathroom.
- K. It is important to continue drinking clear liquids throughout the day and evening to keep you well hydrated and prevent weakness.

### Day of Procedure

1. On the day of the procedure you must **have nothing by mouth six hours** prior to the time of your procedure.
2. You may take your medication for heart disease, high blood pressure, breathing difficulties before 6AM with a *sip of water* if you normally take them in the morning.
3. **If your stool is not clear (yellow)**, please call our office for further instructions.
4. Arrive 15 minutes prior to appointment unless otherwise instructed.
5. **Bring a licensed driver** with you so we can review post care instructions with them and they can drive you home. You are not allowed to drive the day of the procedure.
6. You may bring socks to keep feet warm during procedure. *Please do not wear perfume, cologne or scented lotions.*
7. Bring your insurance card and paperwork filled out included in this packet. **Leave your valuables at home!**

*Our goal is to perform the procedure in the safest, most thorough and most comfortable way possible. Following these instructions will help us accomplish our goal.*