

**Dr. Neil Price  
Dr. Mark Miller  
Nashville Endoscopy Center  
300 20<sup>th</sup> Ave  
8<sup>TH</sup>Floor  
615-284-1335**

**Date of appointment: \_\_\_\_\_ Must have a driver day of the test**

**Bowel Preparation for Afternoon Colonoscopy**

The goal of the preparation is to clear the colon so that the entire lining can be carefully inspected to find and remove precancerous polyps. It is important to complete the preparation over the suggested period of time in order to do so.

1. The evening prior to the procedure, mix **Miralax** with **Gatorade**. Use ½ bottle of **Miralax** in each 32 oz. bottle of Gatorade or the entire bottle into a 64oz. bottle and refrigerate overnight.
2. Clear liquids can be consumed during the preparation process. This will keep you well hydrated and prevent weakness. They need to be discontinued 3 hours before the scheduled time of the procedure.
3. **5:00 AM** Take 3 **Dulcolax** pills.
4. **5:15 AM** Take **Metaclopramide** pill enclosed. This will help prevent nausea.
5. **5:30 AM** Start drinking the **Gatorade** mixture, drinking about one tall glass every 10 minutes until the first half of your prep is completed.  
Note: Drinking the liquids through a straw sometimes helps. And you may have to slow down your rate of consumption if you are experiencing difficulties.
6. **7:00 AM** Drink the remaining half of the **Gatorade** mixture.
7. **8-11 AM** You will be making a number of trips to the bathroom. By the end the stools should be of a watery consistency, at times yellow-tinged.

If you experience difficulties taking the preparation, please call the **Nashville Endoscopy Center, 615-284-1335** and we may be able to make suggestions about the prep or alter the time of your scheduled procedure.

## **MEDICAL PRECAUTIONS**

1. "Blood thinners" such as Plavix and Coumadin may need to be stopped before your procedure, please call the office if you are taking these medications.
2. Iron tablets need to be stopped 7 days prior to your procedure (multivitamins are okay)
3. Diabetes-Please consult with your primary physician for adjustments of medications and insulin
4. Certain medical conditions such as artificial heart valves, history of endocarditis or recent joint replacements may require antibiotics. Notify our office of these conditions. We do not give antibiotics for Mitral Valve Prolapse.
5. Kidney Disease/Dialysis Patients- Do Not use Gatorade. Use a liquid okayed by your primary care physician.
6. Congestive Heart Disease- Do Not use Gatorade, use a liquid okayed by your primary care physician
7. Medications for high blood pressure, heart disease, and asthma or breathing difficulties may be continued and taken the day of the procedure with a sip of water.

## **Shopping List**

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. Desitin or A&D ointment (optional) for sore bottoms.
4. Two 32 oz or One 64 oz bottle of Gatorade (yellow or orange).
5. Baby wipes or aloe wipes to prevent sore bottoms
6. Clear liquids

## **Clear Liquids**

You can drink:

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

Jell-O

Avoid lots of liquids that are red, blue or green.