



- 2040 Oakley Seaver Dr, Clermont, FL 34711
- 2320 North Blvd, Suite C, Davenport, FL 33837
- 1584 Citrus Medical Court, Ocoee, FL 34761

For Appointments Call: 352-242-1665

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COLONOSCOPY PREP INSTRUCTIONS **(GATORADE)**

Your procedure is scheduled for _____

South Lake Hospital

South Lake Endoscopy Center

Heart of Florida Hospital

Health Central Hospital

Clermont Ambulatory Surgery Center

- ❖ If your procedure is scheduled at *South Lake Endoscopy Center*, located at 2040 Oakley Seaver Dr. Clermont, FL 34711. They will contact you the day before your procedure to give you an arrival time. **If you have not heard from them by 1pm the day before your procedure, please contact them at 352-536-8895.**
- ❖ If your procedure is scheduled at *South Lake Hospital*, you will need to call the hospital after 5pm the day before your procedure for your arrival time. **352-241-7159.**
- ❖ If your procedure is scheduled at *Heart of Florida Hospital*, located at 40100 Highway 27, Davenport, 33837. They will contact you the day before your procedure to give you an arrival time. **If you have not heard from them by 2pm the day before your procedure, please contact them at 863-419-2589.**
- ❖ If your procedure is scheduled at *Health Central Hospital*, located at 10,000 West Colonial Drive in Ocoee, they will call you to give you an arrival time. **If you have not heard from them by 12:00 p.m. the day before your procedure, please call them at 407-296-1270.**
- ❖ If your procedure is scheduled at *Clermont Ambulatory Surgery Center*, located at 255 Citrus Tower Blvd, Ste 100. They will call you the day before your procedure to give you an arrival time. **If you have not heard from them by 2 p.m. the day before your procedure, please contact them at 352-536-6340.**

If you are taking **coumadin (warfarin)** or other **blood thinners**, you must hold them for 4-5 days before the colonoscopy. You must check with the doctor who prescribed them for you to make sure it is safe for you to do so.

Risks of the procedure:

- Bleeding
- Infection
- Perforation of the bowel lining requiring surgical intervention

It is very rare that these complications occur but in the event that you have any of the following you should go directly to the Emergency Room:

- Heavy rectal bleeding
- Sharp/severe abdominal pain
- Severe nausea or vomiting
- Fever

It may be necessary to hold anticoagulants (blood thinners) after you have polyps removed, please discuss with your Gastroenterologist and Cardiologist.

You are required to schedule a follow up visit at the office to discuss the results of the procedure with the physician.

You must have an adult over the age of 18 stay with you and drive you home after the procedure, due to sedation. Plan for you and your ride to be at the surgery center for a total of two to three hours. Your ride must stay at the center the entire time you are there. When you arrive, you will need to complete your paperwork and then change into a patient gown. The nursing staff will perform a brief assessment, place an I.V., and take you into the procedure room where you will be sedated and undergo the colonoscopy. The colonoscopy itself takes about 15 to 30 minutes.

After the colonoscopy you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure.

By law, you cannot drive the rest of the day of the colonoscopy. We advise you to take the entire day off work.

A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for preparation completely, as outlined below. If you have any questions about the test or preparation, please do not hesitate to call our office.

It is important to notify us of all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc) **you are taking and a list of any medications you are allergic to.**

Colonoscopy Preparation Timeline

Five or more days prior to your colonoscopy:

- Arrange for a ride. If you do not have a ride, we will have to cancel the procedure.
- Purchase the laxative medications listed.
- Consider obtaining a protective ointment such as Preparation H, Desitin, or Vaseline to protect the anal area during the prep. You can start to apply it after the first laxative is taken.

- Check with your insurance carrier if you need pre-approval and that you understand your financial responsibility for the procedure. There should be a number on the back of your insurance card to call.
- Stop taking iron and vitamins with iron five days before the colonoscopy.
- Make any needed arrangements to be off work or school on the day of the colonoscopy. *Please remember, by law, you cannot drive the rest of the day of the colonoscopy.*
- Read and familiarize yourself with the preparation instructions below.
- Please call us with any questions.

Two days prior to your colonoscopy:

- Avoid nuts, popcorn, raw fruit, raw vegetables, and salads.
- Eat light the day before.
- **Stop eating solid foods at 11:45pm.**

One day prior to your colonoscopy:

- Start a **Clear Liquid Diet** when you get up and continue all day.
- NO SOLID FOOD

Clear Liquid Diet

Soups: Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.

Beverages: Tea, coffee, Kool-Aid, carbonated beverages, Gatorade.
*You may add sugar to coffee and tea but **not milk or creamer***

Juices: White Cranberry, apple, white grape, strained lemonade, limeade, and orange drink. *Any juice that you can see through and has no pulp is acceptable.*

Dessert: Italian ices, popsicles, hard candy.

- Do not drink **RED, BLUE OR PURPLE** colored beverages or eat **any** Jell-O.
- No solid food of any kind.
- No Dairy products of any kind.
- **Diabetic Patients:** You should take your diabetic medications. The prep solution contains no sugar which your body needs because you will not be eating solid foods. Throughout the day, you should drink sugar containing clear liquids, as needed to maintain your blood sugar level. Monitor your blood sugar at your usual times.
- Take your usual prescription medications (except iron). *If you are on coumadin or other blood thinners, please contact the prescribing physician for specific instructions at least one week prior to the colonoscopy.*

Gatorade Prep Instructions

Purchase the following over the counter supplies at your local pharmacy:

1. **Purchase 64oz. of Gatorade (or other clear liquid)**
2. **One 238 gram bottle of Miralax Powder**
3. **Four (4) Dulcolax Laxative tablets...NOT STOOL SOFTNERS!**

The day before the procedure please follow as directed:

10 a.m. Mixing the Prep: You will need to pour off a little of the 64oz Gatorade or any other clear liquids to ensure the miralax powder will fit. Mix the **ENTIRE** bottle of **MIRALAX** in 64oz of **GATORADE** (or other clear liquids). Shake the solution until the miralax is dissolved. Place mixture in refrigerator.

12 noon. Take two (2) **Dulcolax** tablets with a full 16 oz glass of water

Note: Bowel movement should start approx. 4-6 hours after taking tablets

4-6 p.m. Start to drink 8 oz of the prep mixture every 10-15 minutes until you have finished the entire solution.

8 p.m. Take (2) **Dulcolax** tablets with 16oz of water.

Stop clear liquid diet 6 hours prior to your check in time.

It is important that you continue drinking the solution if possible. Remember, it is the large volume that helps to empty your bowel. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes, and begin drinking the solution again. You might try taking six ounces at a time, rather than eight ounces

Remember to remain close to toilet facilities!

The day of your colonoscopy:

- Please be sure to take any blood pressure or heart medications the morning of the test with a sip of water.
- **Diabetic Patients:** Do not take your diabetes pills today, but do bring a dose with you to take after your colonoscopy. If you are on Insulin, take ½ of usual NPH and no regular insulin. Bring the remaining doses with you to take after your colonoscopy.
- When you are ready to leave, your designated driver will take you home where you can eat and relax the rest of the day. You will receive specific instructions about eating, activities, and medications before you leave.

ATTENTION PATIENTS PLEASE READ:

South Lake Endoscopy Center is operated by Southlake Hospital. Billing for procedures are done by Orlando Health except for your doctor's fee which is billed by South Lake Gastroenterology. Anesthesia Services are billed by South Lake Anesthesia. If you are scheduled for procedure at South Lake Endoscopy Center, Please call 352-536-8895 to discuss all fees associated with your procedure. For Anesthesia, please call 352-243-9114.

Absolutely all piercings must be removed prior to procedure

Frequently Asked Questions

1. Is there any way that I can make this taste any better?

Miralax is colorless, odorless, tasteless and dissolves clear. If you do not like Gatorade, you can use another liquid, crystal light, apple juice, tea and lemonade.

2. Why avoid red, blue and purple liquids?

The dyes can be persist in the colon and potentially look like blood.

3. One of the medications I was instructed to take the morning of my procedure is red. Can I take it?

Medication for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color, with small sips of water.

4. I feel like vomiting and do not think I can drink any more. What should I do?

It is important that you continue drinking the solution if possible. Remember, it is the large volume that helps to empty your bowel. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes, and begin drinking the solution again. You might try taking six ounces at a time, rather than eight ounces. If not improved, call us and have a phone number of an open pharmacy in case we need to call in a prescription.

5. I drank a lot of the solution and have not gone to the bathroom yet. What should I do?

Keep drinking eight ounces every 15 minutes. Most people have a bowel movement after an hour; some patients may take two or more hours.

6. I am taking the prep and having loose, watery stools. Do I still need the rest of the prep?

Yes, you may have solid stool higher in the colon that needs to be eliminated.

7. I already have diarrhea before taking the prep, do I still have to take the laxative?

Yes, you must take the prep as directed by your doctor. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.

8 My bottom is so sore. What can I do?

To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Desitin liberally.

9. Can I drink alcoholic beverages?

We strongly suggest you do not drink any alcoholic beverages prior to your procedure since they can cause dehydration and some wines may thin your blood.

10. Can I chew gum or suck candy?

No chewing gum only hard candy. No red, blue or purple colors.

11. Can I brush my teeth? Please do.

12. Can I wear my dentures?

Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.

13. Can I have chicken soup?

You can *only have the broth*; no noodles, chicken, or vegetables allowed.

14. Can I have the colonoscopy if I am on my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).

15. Can my ride drop me off and come back later to pick me up? No.

Your driver needs to remain at the center for the entire time you are there. No exceptions.

****** NO RED, PURPLE OR BLUE LIQUIDS******

YOU MAY HAVE THE FOLLOWING:

- **WATER**
- **GINGER ALE**
- **MOUNTAIN DEW**
- **COLA, DIET COLA**
- **LEMONADE**
- **GATORADE, POWERADE, G2**
- **APPLE JUICE**
- **WHITE GRAPE JUICE**
- **WHITE CRANBERRY JUICE**
- **UNCOLORED PEDIALITE**
- **CHICKEN BROTH, BEEF BROTH, VEGETABLE BROTH**
- **COFFEE (NO MILK OR CREAMER)**
- **TEA (HOT OR COLD, SWEET OR UNSWEET)**
- **POPSICLES**
- **HARD CANDIES, LOLLIPOPS**

PLEASE CALL US IF YOU HAVE ANY QUESTIONS AT 352-242-1665

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