

prevention diagnosis treatment surgery www.gispecialistsmemphis.com

The key to an accurate diagnosis is a proper preparation. The bowel needs to be flushed completely free of waste material to give your doctor the clearest possible view. The thoroughness of this intestinal cleansing depends on you. Without your cooperation the examination cannot accomplish its purpose and may have to be repeated.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE!

If you are scheduled for a late morning or afternoon appointment you may have clear liquids only up until 3 hours prior to your procedure.

PLEASE FOLLOW THESE INSTRUCTIONS:

Purchase (1) 255 gram bottle of Miralax (prescription). (2) Docolax and (1) 64 oz. of chilled Gatorade Ice (or two 32oz) from your pharmacy or grocery store.

ONE WEEK BEFORE COLONOSCOPY: NO ASPRIN, ADVIL, MOTRIN, IBUPROFEN, ALEVE, IRON, VIOXX, CELEBREX OR ASPRIN PRODUCTS. PLEASE INFORM US IF YOU ARE USING COUMADIN, WARFARIN, PLAVIX OR ANY OTHER BLOOD THINNERS. YOU MAY USE TYLENOL. Do not eat corn until after the procedure.

ONE DAY BEFORE THE PROCEDURE: clear liquids for the entire day. Clear liquids include: white cranberry and apple juice, 7up, ginger ale, tea, clear thick broth without noodles and plain jello (NOT RED!)

AT 3:00 PM TAKE (2) DULCOLAX TABLETS WITH 8 oz OF WATER; swallow tablets whole and drink the full glass of water.

AT 5:00 pm mix the 255 gram bottle of Miralax in 64 oz of Gatorade Ice (or two 32oz bottles) NO RED OR PURPLE! and shake the solution until the Miralax is dissolved. Drink an 8 oz glass of the mixture every 10-15 minutes until solution is gone.

CLEAR LIQUIDS YOU MAY HAVE:

APPLE JUICE	WHITE GRAPE JUICE	WHITE CRANBERRY JUICE		
ANY COLA DRINKS	CLEAR CHICKEN BROTH	CLEAR BEEF BROTH		
light colored KOOL-AID	light colored GATORADE	WATER		
JELLO (no red)	TEA	COFFEE (no cream)		
NO MILK	NO ORANGE JUICE	NO PRUNE JUICE	NO TOMATO JUICE	NO SOLID FOODS

**YOU MUST BRING SOMEONE TO DRIVE YOU HOME AFTER YOUR TEST
OR YOUR TEST WILL BE POSTPONED!**

The day of your test: come to 80 Humphreys Center Drive, Suite 200 at _____ with an empty stomach.

You may only take medications that you routinely take, such as seizure, high blood pressure, breathing, heart and behavioral medications with a sip of water. Please bring all of your medications with you to your test.

You should expect to be here 3 to 4 hours. Please call (901) 881-5571 to reschedule.