

ATLANTA CENTER FOR GASTROENTEROLOGY, PC

2665 N Decatur Road, Suite 550, Decatur, GA 30033

Phone: 404-296-1986 or 404-297-5000

PREPARATION INSTRUCTIONS FOR COLONOSCOPY

Atlanta Endoscopy Center

Date of Procedure: ___/___/___

Time: _____

Location: Dekalb Medical Center

If your procedure is at **The Atlanta Endoscopy Center**, sign in at the **Suite 550 Waiting Room**.

If your procedure is at **Dekalb Medical Center**, sign in at the **DTC Registration Desk** at the **ER** entrance.

*If you are currently using Aspirin, Ibuprofen, Motrin, Advil or similar medicines it would make for a potentially safer procedure if you discontinue the medicine 3 days prior to your procedure. If you are taking Iron Tablets or blood thinners such as **Plavix**, **Coumadin** and have not received specific instructions please contact the office at 404-296-1986.

PURCHASE AT THE PHARMACY: 255-gram bottle of **Miralax** (prescription), one 10oz Bottle of **Magnesium Citrate** (green bottle) and 64oz of **Gatorade** (No Red or Purple color). Chill Gatorade in Refrigerator.

DAY PRIOR TO THE PROCEDURE:

Drink only "clear liquids" for breakfast, lunch and dinner. **NOT ALLOWED:** Solid foods, milk or milk products. Stay away from anything **red or purple**. **DO NOT CHEAT AND EAT!**

Clear liquids include:

Strained fruit juices pulp free (apple, white grape, lemonade), water, clear broth or bouillon, Gatorade, Coffee or tea without milk or non-dairy creamer, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, plain Jello without added fruit or toppings, ice popsicles

LATE AFTERNOON OR IMMEDIATELY RETURNING HOME FROM WORK

1. Take the 10oz bottle of **Magnesium Citrate**. (Green Bottle)

2 HOURS LATER

2. Mix the 255-gram bottle of **Miralax** in 64oz of Chilled **Gatorade** (Large pitcher helps with mixing). Shake the solution until the **Miralax** is dissolved. Drink an 8oz glass every 10-15minutes until the solution is gone. Anticipate completing this over a period of 2 – 3 hours.

DAY OF THE PROCEDURE:

1. Take routine medications such as blood pressure and heart medication with a sip of water the morning of the procedure. Do not take Diabetic medications unless otherwise instructed by the medical staff.
2. If your Colonoscopy is in the afternoon then you can drink some **Clear Liquids** but **ONLY BEFORE 7:30 A.M.**
3. Take plain **TAP WATER ENEMAS UNTIL STOOL IS CLEAR**. You must complete these enemas at least one hour prior to coming in for the procedure. Lie on your **LEFT** side when giving the enemas. Fill the bag up with at least 1 qt of luke warm water several times until you have clear results.
4. A friend or relative must drive you home after the procedure due to the sedative you will be given. **NO RIDE=NO COLONOSCOPY.** Tell your ride you will be there approximately 1½ - 2 hours and we strongly encourage them to stay in the waiting room so you can leave as soon as you awaken from the sedation.

NOTE: If you need to cancel or reschedule the colonoscopy you must call at least 72 hours (3 business days) prior to your scheduled date. If this is not done you will be charged a \$100.00 fee. If you find it necessary to reschedule the procedure more than once you will be required to come into the office for another visit.