Pre-registration appointment: ____________________________ The hospital requires you to have this appointment to be interviewed by the pre-anesthesia nurse from Sycamore Shoals Hospital. We will call you or mail you this appointment. This appointment could be a phone interview or an in-person interview; this depends on your medical history. We will give you this information once your appointment is made.

Pre-registration and your colonoscopy will be performed at: ____________________________

Procedure date: ____________________________ This is the day of your colonoscopy. The hospital will call you by 4:00 p.m. the day before your procedure and tell you what time to arrive for your procedure. Stop by the main admission desk and they will show you where your room is.

Plan ahead:

➢ The day of your procedure you will be given IV sedation so you will need someone to drive you home.
➢ You should not drive a car, operate machinery, or ingest alcohol for at least 12 hours after your procedure.
➢ Please inform the office if you have been on diet pills. You are required to be off of Phentermine for at least 2 weeks prior to your procedure.
➢ The hospital may ask you for a down payment upfront for your procedure.
➢ The day before your colonoscopy is no food, only liquids. You will be in the bathroom most of the evening.

Your kit contains:

(2) 10 oz. bottles of magnesium citrate

(1) 238 gram container of Miralax powder

(4) Dulcolax tablets

5 days before your procedure: (  )
Do not take Metamucil, Citruce, or any other bulk laxatives.
Do not take any iron pills or preparations (this includes multivitamin with iron) unless advised by your doctor or nurse.
Avoid aspirin, ibuprofen, Advil, Aleve, Fish Oil and some arthritis medications (ask if you are not sure if you need to hold your medication) you may take Tylenol.
Avoid alcohol consumption (this thins your blood also)

**2 days before your procedure:**

Drink one bottle of Magnesium Citrate after you eat supper. Drink slowly over about an hour; drinking fast may make you nauseated.

**1 day before your procedure:**

- This is your main prep day. No food this day. You will be on clear liquids all day. (Examples are water, coffee without milk, tea, carbonated beverages sprite, sierra mist, apple juice, Jell-O, white grape juice, fruit flavored powdered drinks, clear broth, bullion, hard candy, and popsicles). Just avoid anything red.
- Mix the entire Miralax contents with 64 oz. of your beverage of choice. Make sure the powder is completely dissolved. Avoid mixing with carbonated beverages.
- 3:00 p.m.- Take 4 dulcolax tab

Be prepared to be close to the bathroom. If you have trouble with hemorrhoids, have baby wipes and vaseline handy to help with irritation due to diarrhea.

- 5:00 p.m.- Begin drinking the Miralax solution. Drink one glass every 10-15 minutes. It is better to try and drink quickly rather than sipping. The entire content should be drunk within 2-4 hours.
- After drinking Miralax, you will need to drink your last bottle of magnesium citrate. This should be around 8:00 p.m.

**It is very important that your colon is thoroughly cleaned out so your doctor can perform a good complete examination of your colon.**

Remember......

- Nothing by mouth after midnight unless you have been instructed to take certain medications the morning of your procedure.
- Please refrain from smoking and wearing lipstick the day of your procedure.
- If you need to change your procedure date, please call at least 4-5 days ahead so we can fill your slot with another patient that is waiting to have a procedure.

The hard part is over once you arrive to the hospital. Please note that if you need to reschedule and have already completed your prep, it will be your responsibility to purchase another one. If you change your mind and do not want to have your colonoscopy done, please return your prep kit to our office or you could be billed for your kit.

QUESTIONS?????? Call our automated colonoscopy prep line at ______________.