

## Gatorade Split Prep – Dr. Ehlers

Your Procedure is scheduled on \_\_\_\_\_ with Dr Ehlers. A surgery nurse will be calling 5-7 days prior to your colonoscopy with your arrival time. Arrival time \_\_\_\_\_. Please check in at the ER registration desk.

**If you need to cancel or reschedule your procedure or if you are feeling ill, please call 402-443-1446.** If someone from the surgery department is unavailable, please leave a message.

**You are required to have a responsible adult over the age of 19 accompany and drive you home and be with you for 24 hours after your procedure.**

**Public transportation is not an acceptable form of transportation.**

Depending on your health status, a history and physical done by your primary doctor is required and is only good for 30 days. If you need to reschedule your colonoscopy, please keep this in mind.

Our surgeons prefer to discuss results with a responsible adult immediately following your procedure. It would be best if your responsible adult does not leave the facility during your procedure. Please inform them of this prior to your procedure.

Bowel preparation (cleansing) is needed to perform an effective colonoscopy.

**Five days before your procedure Date:** \_\_\_\_\_

- **STOP all blood thinning medications and nonsteroidal anti-inflammatory agents such as Coumadin, Plavix, Naproxen, Aleve, Ibuprofen, Meloxicam, Mobic, Diclofenac, Indomethacin and fish oil 5 days prior. You will need to stop on Date:** \_\_\_\_\_
- **If you are taking Xarelto, Pradaxa, or Eliquis you will need to stop these medications 2 days prior. You will need to stop on Date:** \_\_\_\_\_
- **Stop all bulking agents such as Metamucil and Citrucel**
- **DO NOT hold your aspirin**
- **Purchase the following supplies that you will find over the counter:**
  - ~Gatorade, two 32 ounce bottles (No red, blue, or purple)
  - ~A bottle of Dulcolax (bisacodyl) 5mg tablets – You will only take 4 tablets
  - ~One 8.3 oz(238-gram) bottle of Miralax
- Thoroughly read all prep instructions and contact us at 402-443-1446 with any questions.
- Stop all medications as instructed by your Primary Care Doctor
- Refrain from eating all types of nuts, popcorn, seeds and granola.

**The day before your colonoscopy Date: \_\_\_\_\_**

- Follow a clear liquid diet. A clear liquid diet is any drink or liquid that you can see through.  
~Nothing red, blue or purple in color.
- Drink clear liquids every hour throughout the day from the following list:  
~clear fruit juices (white grape or apple) or clear Soda pop  
~Water, tea or coffee (no cream)  
~chicken and beef broth  
~Popsicles or Jell-O

**Colon Cleanse Preparation Date: \_\_\_\_\_**

- Start at 1:00pm and ~take all 4 Dulcolax tabs with water
- At 4:00pm  
~Mix ½ bottle of Miralax with one 32-ounce bottle of Gatorade. Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes of Miralax/Gatorade solution until gone.  
~Mix the remaining half bottle of Miralax with one 32-ounce bottle of Gatorade and place in refrigerator until the morning.
- If you feel like you are having nausea or vomiting while drinking the prep, stop drinking the prep for 30-45 minutes until the symptoms subside, then resume the prep.
- If you have no stool by 9 pm you will need to give yourself a fleet's enema. This can be purchased over the counter at any pharmacy. If still no results, call the doctor who will be performing your procedure at 402-397-7057. This line is answered 24 hours a day.

**The day of your colonoscopy Date: \_\_\_\_\_**

- Continue your clear liquid diet  
**6 hours prior to arrival \_\_\_\_\_ start drinking the second half of your prep that you put in the refrigerator.** Drink an 8 ounce glass every 30 minutes of Miralax/Gatorade solution until gone. The surgery department will call you 5-7 days before your scheduled procedure, they will inform you what time to start the 2<sup>nd</sup> dose of your prep. If you have not heard from us within 5 days before your procedure, please call 402- 443-1446.
- **TAKE NOTHING ELSE BY MOUTH after you have finished your Gatorade with Miralax Prep.**
- Once you have completed your prep your bowel movements should be a clear, yellow liquid. They will look like urine or lemonade. If your bowel movements are still brown and have sediment and have not been clear, please call 402-397-7057.
- You may take your morning medications with a small sip of water as instructed by your primary care doctor or surgery nurse.
- **Do not take any ace inhibitors the morning of your procedures such as Benazepril, Enalapril, Lisinopril \_\_\_\_\_**
- Remove ALL jewelry and leave all valuables at home
- Please brush your teeth in the morning, but do not swallow any water
- Wear something loose and comfortable.