

YOU MUST NOTIFY OUR OFFICE WITHIN 72 HOURS OF APPOINTMENT IF YOUR INSURANCE REQUIRES

A PRE-AUTHORIZATION OR NOTIFICATION

Patient is advised to check with their insurance to verify benefits and confirm that Dr. Karnam and the Facility are participating on your plan.

UMAPRASANNA S. KARNAM, M.D. GASTROENTEROLOGY

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MIRALAX – GATORADE COLONOSCOPY OR COLONOSCOPY WITH EGD PREPARATION

**** Because you will receive sedating medication/narcotics through an IV during your procedure, it is required by law that you have a responsible adult drive you home.** This is because your judgment and reflexes may be impaired, you may be somewhat groggy and dizzy, and may feel tired for about 24 hours after your procedure.

Please see the following for your preparation instructions!

PURCHASE THE FOLLOWING: (products available in generic version)

One (1) 238 gram bottle of Miralax powder (Generic is ok) **NOTHING W/RED OR PURPLE .**

One (1) small box / 4 tablets of Dulcolax 5 mg tablets (Generic is ok)

Two (2) 28 oz. bottles of Gatorade / Powerade to mix with the Miralax. Chill in refrigerator.

Dramamine may be taken if nausea develops, over the counter *optional*

Tucks pads, you may want to purchase these to help reduce the anal soreness during your bowel prep *optional*

Medications Beginning ONE WEEK Before Your Procedure:

If you are taking **Plavix (clopidogrel-generic)** contact your prescribing physician about stopping or taking an alternative medication. **You need to be off of this medication 7 days prior to your procedure**

If you are taking iron or any vitamin supplements containing **IRON, STOP these 5 days** prior to your procedure.

If you are taking **Coumadin (warfarin-generic)** contact your prescribing physician about stopping or taking an alternative medication. **You need to be off this medication beginning 4 days** prior to your procedure.

If you are taking **Aspirin, Ibuprofen, or any NSAID medications** discontinue **4 days** prior to your procedure.

If you are a **diabetic and using insulin**, please **reduce by HALF your morning dose of long acting insulin on the DAY OF your procedure.** If you have further questions or concerns about your insulin management please contact your primary care provider for further instructions.

If you are taking a diabetic or weight loss medication that is injected you MUST NOT take a shot at least 1 week prior to procedure and inform our office immediately so that we can adjust when you stop eating for procedure!!!

DAY BEFORE THE COLONOSCOPY / OR COLONOSCOPY & EGD

1. **CLEAR LIQUID DIET ONLY.** Clear liquid diet **ALL day before procedure date.** (See below for clear liquids list).
2. At **3:00 p.m.** take all 4 Dulcolax tablets.
3. At **4:30 p.m.** mix 9 tablespoons into each 28 oz bottle of Gatorade). Shake the solution until the Miralax is dissolved. Drink one 8 oz. glass of the Miralax solution every 10-15 minutes until you have completed One (1) of the 28 oz. doses.
4. At **8:30 p.m.**, drink the second bottle of the Gatorade/Miralax (9 tablespoons Miralax into the 28 oz. bottle of Gatorade). This must be completed within One (1) hour.

DAY OF THE COLONOSCOPY / OR COLONOSCOPY & EGD

You may have clear liquids up until six (6) hours before your scheduled arrival time. (or if hospital says different go by their time, see below for clear liquids list). No further liquids after time given or your procedure may be cancelled / rescheduled.

CLEAR LIQUID DIET

A clear liquid diet consists of anything that you can see through and is the consistency of water when melted i.e., popsicle or jello, **NOTHING WITH RED OR PURPLE DYE.**

Examples are as follows:

Water

Chicken, Beef or Vegetable Broth

Juices – white grape, apple, or lemonade without pulp

Sodas – diet and regular (no red or purple dye)

Gatorade or other sports drinks (no red or purple dye)

Tea, hot or iced

Coffee (black)

Gelatin (without fruit or cream – must be able to see through it (no red or purple dye)

Popsicles (without fruit – must melt to a clear liquid, no red or purple dye)

Italian Ices (no red or purple dye)

THANK YOU for choosing Dr. Umaprasanna S. Karnam and our staff for your health needs. Our goal is to provide you with excellent care. If you have any questions or concerns, please call our office at 801-563-5121 opt. 2 between the hours of 8:00 am and 3:30 pm Monday thru Friday.