

HOW TO PREPARE FOR YOUR COLONOSCOPY WITH GATOR PREP

Your colonoscopy is scheduled at:

___ East Tennessee Gastroenterology 2404 Chambliss Ave

___ Tennova Main Campus 2305 Chambliss Ave

Procedure Date: _____

Arrival Time: _____

You must have someone to drive you home following your procedure

5 days prior to your procedure stop taking following medications:

- Aspirin
- Vitamins
- Iron
- Ibuprofen
- Motrin
- Advil
- Aleve
- BC Powders
- Goody's Powder
- You may take Tylenol

Unless otherwise instructed take your regular medications as usual the day prior to your procedure, but **Do Not** take your Morning medications the day of your procedure.

Your will need to purchase the following items that are all over the counter:

- 5 Dulcolax laxative tablets
- One 8.3 oz bottle of Miralax
- Two 32 oz bottles of GatorAde (Not Red or Purple)

Day prior to your procedure: _____

- You may eat a **light breakfast** before **9:00 am**.
- After **9:00 am**, drink **CLEAR LIQUIDS ONLY** for lunch and dinner up until **MIDNIGHT**

George A. Samuel, D.O.

Clear liquids are juices without pulp (apple or white grape), water, coffee, tea, Jell-O, Coke, Sprite, Ginger Ale, Dr. Pepper, Gatorade, clear broth or bouillon, and popsicles.

NOTHING RED OR PURPLE IN COLOR

Milk, cream and other dairy foods ARE NOT clear liquids.

You will be completing the GatorPrep in 5 steps. Mark off each step when completed:

- At 9:00 am take four (4) Dulcolax tablets with a glass of water
- Mix up your two bottles of GatorPrep Solution** – Mix six (6) capfuls of Miralax powder into each 32 oz bottle of GatorAde (each mixed bottle equals one bottle of GatorPrep Solution. Refrigerate both bottles.
- Drink your first dose of GatorPrep Solution at 6:00 pm** – Every 15 minutes drink one cup (about 8 oz) of solution until hour have drank the full 32 oz bottle. This should be completed in ONE HOUR
- Drink your second dose at _____** - Every 15 minutes drink one cup (about 8 oz) of solution until hour have drank the full 32 oz bottle. This should be completed in ONE HOUR
- Take the one (1) last tablet of Dulcolax** – When you finish your last dose of GatorPrep Solution take one (1) Dulcolax tablet

You will have multiple bowel movements during the whole prep. This is very important and a necessary part of preparing for your colonoscopy. Please drink plenty of liquids to stay hydrated during this process.

Drink only water and your prep after Midnight.

DO NOT drink anything after _____.

Bring your photo ID to your procedure. You will need a driver present during your procedure.

We charge a \$100 fee for office procedures that are not cancelled by 12:00 pm on the Thursday prior to a Monday procedure. We charge \$100 for office procedures not cancelled 48 hours in advance of a Wednesday procedure.