

Provider Performing:  Dr. Jay Kamath  Dr. Rafael Fleites

Date of Exam: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

*(Please expect to be at the surgery center/hospital no less than 3 hours)*

## Split Dose Instructions for Colonoscopy

Your procedure has been scheduled at:

<input type="checkbox"/> Bay Area Endoscopy Center 5771 49th St. N St. Petersburg, FL 33709 727-528-2261	<input type="checkbox"/> Northside Hospital 6000 49 <sup>th</sup> St. N St. Petersburg, FL 33709 727-521-5158	<input type="checkbox"/> St Pete General 6500 38 <sup>th</sup> Ave. N St. Petersburg FL 33710 727-384-1414
---	--	---

**To ensure a successful exam, please follow all instructions carefully.**

**Remember, your procedure WILL be rescheduled if:**

- ✓ You do not follow ALL prep instructions.
- ✓ You do not complete your ENTIRE preparation as instructed
- ✓ You do not have a ride home (it MUST be an adult friend or family member that DRIVES you)
- ✓ If you take a TAXI or UBER you MUST have an adult friend or family member accompany you.
- ✓ You are NOT able to take a Bus

**Your adult friend or family member that drops you off/ picks you up, MUST stay within a 30 minute distance of the procedure center. If you have any questions on what is acceptable for a ride, please call the office and ask in advance.**

We are requesting clearance from your specialist. You are **NOT** to stop any medication without clearance. We will contact you with instructions of when to stop any medication

### **7 DAYS PRIOR TO YOUR PROCEDURE**

**STOP** taking Fish Oil, Vitamin E and any iron supplements

**STOP** Taking NSAIDs, Ibuprofen, Advil, Aleve, Motrin, Celebrex, Naproxen  
(You may continue taking Aspirin 81 mg only)

***DO NOT EAT ANY NUTS SEEDS OR POPCORN!***

### **PURCHASE THESE ITEMS AHEAD OF TIME:**

- ✓ 238gm (8.3oz) bottle of Miralax (Polyethylene Glycol).

(This will be given to you as a prescription. However, if insurance does not cover, it will have to be purchased over the counter.)

- ✓ 2 (32oz) bottles of Gatorade, PowerAde, Water, Apple Juice, White Grape Juice

**(NOT RED or PURPLE)**



Turn over



# INSTRUCTIONS FOR YOUR PROCEDURE

## Two Days Before your Colonoscopy

---

Anytime : Take 2 Dulcolax Tablets

## 1 Day Before your Colonoscopy

---

Upon waking up:

- ❖ Begin a clear liquid diet
- ❖ **NO RED OR PURPLE**

You may ONLY have:

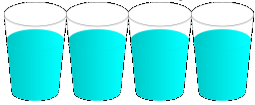
- ✓ Coffee or Tea (**NO** milk or creamer)
- ✓ Pulp Free Juice (apple, white grape)
- ✓ Broth or Bouillon
- ✓ Kool-Aid or Crystal Light
- ✓ Jell-O (**NO** added fruit or toppings)
- ✓ Popsicles or Italian Ice
- ✓ Carbonated Drinks (Coke, Pepsi, Sprite, Diet or Regular)

**3:00 pm** take **TWO** more Dulcolax tablets (provided by the office)

And **MIX** 7 capfuls of Miralax into your 32oz Gatorade and place in the refrigerator.

### **5:00-6:30PM**

Drink 8oz every 15 minutes until the entire 32oz is gone

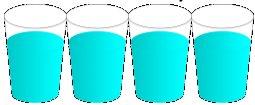


**7:30 pm** Mix the other 7 capfuls of Miralax into your 32oz Gatorade and place in the refrigerator.

At:

### **10:00-11:30 PM**

Drink 8oz every 15 minutes until the entire 32oz is gone



**DIABETICS:** Take your regular morning and daytime oral diabetic medications and insulin. Only half of your long-acting insulin dose



**NOTHING TO EAT OR DRINK AFTER MIDNIGHT. YOU MAY HAVE WATER!**

---

## The Day of your Colonoscopy

You **MAY** take your morning medications as usual  
(which includes blood pressure, cholesterol, depression, anxiety, seizure medication, thyroid medication, ETC.)

(DO NOT take NSAIDS or Blood thinners)

**YOU MAY CONTINUE TO HAVE WATER UP TO 3 HOURS BEFORE YOUR ARRIVAL TIME!**

### **DIABETICS:**

Do not take any oral diabetic medications or insulin  
Make sure to bring them with you to the surgical center or the hospital  
Remember to check your sugar level regularly during your colonoscopy prep.

Please bring your **Inhaler /CPAP** with you  
**Avoid** smoking 24 hours prior procedure  
Wear flat, comfortable shoes- no heels

**If you have any questions please do not hesitate to call**

**727-443 4299 Ext :**

**NOTE:**

**In the event that a biopsy needs to be performed, there will be additional charges from an outside pathology lab.**