

Connally Memorial Gastroenterology
Mosaab A. Hasan, M.D.

www.connallymmc.org/find-a-physician/name/mosaab-hasan/

Colonoscopy Prep Instructions –MIRALAX/GATORADE solution

*****NO SOLID FOODS THE DAY BEFORE YOUR PROCEDURE*****

You will be on a CLEAR LIQUID DIET the day before your procedure

BREAKFAST, LUNCH, AND DINNER.

- You may have: Apple juice, water, Sprite, Jell-O, Coffee (No Creamer), tea, clear chicken or beef broth, clear Gatorade, clear Powerade, or Crystal Light.
- **NO milk or pulp products; do not drink anything with red, purple, or orange dyes.**

- **PREPARING FOR YOUR COLONOSCOPY**

At your PHARMACY OR DRUGSTORE please buy the following:

- **Dulcolox – 5mg (Bisacodyl) – You will need 4 tablets TOTAL**
- **2 Bottles of Gatorade 32oz. - Any color but NO RED, PURPLE, or ORANGE**
- **Miralax (238 gram bottle)**

The day before your procedure: _____

- **At 12:00 p.m.:** Take 2 tablets of Dulcolax (bisacodyl – 5mg) with water.
- **At 1:00 p.m.:** Mix 7 CAPFULS of Miralax with ONE 32oz. of Gatorade. Drink ENTIRE 32oz. mixed solution at this time. Please do this within 2 hours.
- **At 5:00 p.m.:** Take 2 tablets Dulcolax (bisacodyl – 5mg) with water
- **At 6:00 p.m.:** Mix remaining 7 CAPFULS of Miralax with the SECOND 32oz. bottle of Gatorade at this time. Please do this within 2 hours.
- You may continue to drink **CLEAR LIQUIDS UNTIL MID-NIGHT ONLY.**

- If you are taking the prescription drug **PHENTERMINE OR ANY OTHER WEIGHT LOSS MEDICATION**, please make sure to **HOLD** this medication **14 DAYS PRIOR TO YOUR PROCEDURE DATE.**

***** PLEASE STOP ALL ORAL INTAKE AT MIDNIGHT
INCLUDING ALL CHEWING TOBACCO PRODUCTS *****

THE DAY OF YOUR PROCEDURE:

- Unless advised otherwise, you may take **ALL OTHER MEDICATIONS** with a sip of water, **EXCEPT ANY BLOOD THINNERS.**
- Wear comfortable clothing
- Bring your glasses
- Bring hearing aids
- Insurance information
- Consents (if applicable)

PLEASE:

- For your Safety, remove **ANY/ALL jewelry on your body**
- **DO NOT** bring any valuables with you at the time of your procedure, we are not responsible for **ANY lost/stolen patient valuables**
- **NOTE: A Financial Coordinator will be contacting you from Connally Memorial Medical Center to discuss Benefits/Patient Responsibility for procedures.**

- Please make sure to bring someone with you to drive your home, as you will be sedated/anesthetized for the exam.
- **TAXI DRIVERS OR MEDICAL TRANSPORTATION ARE NOT ALLOWED.**
- You may not drive for 12 hours following your exam.
- The doctor will talk to you after the exam and will give you recommendation for diet, medication, follow up care, etc.

For any additional information, please call us at **(830) 393-1363**

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PRIOR TO YOUR EXAM:

If you take any medicines that decrease or prevent blood clots (blood thinners) such as **Aspirin, Plavix, Coumadin, Warfarin, Xarelto, Pradaxa, Eliquis, Brilinta, Aggrenox, Effient, Lovenox** or any other medicines that may thin your blood, **PLEASE NOTIFY** our office.

If you have a heart condition, had a recent heart attack or cardiac stent placement, then you should discuss this with your Cardiologist or Primary Care Physician prior to stopping any anti-clotting agents (blood thinners). If you are taking Coumadin or Warfarin, then you should also consult your Cardiologist or Primary Care Physician regarding how to manage your blood thinners before your procedure.

Please call our office for any questions in this regard. **(830) 393-1363**

Patient: _____ **DOB:** ____/____/____

Your procedure is scheduled on: ____/____/____

The hospital surgery department will be calling you **THE DAY BEFORE** your appointment to confirm your appointment and your **ARRIVAL TIME.**

It is **VERY** important to please **HOLD** your _____
STARTING on: ____/____/____.

Patient Signature: _____ **Date:** _____

If you have any questions or concerns regarding these instructions please call our office.
(830) 393-1363

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Colonoscopy Recognition Form

Thank you for choosing us for a colonoscopy. Patients are only considered for a “screening” colonoscopy if they do not exhibit any abnormal symptoms, does not have a family history of colon polyps, and denies a family history of colon cancer.

Please be informed if the performing physician finds a defect or abnormality during the colonoscopy, your benefits may change and your insurance policy will pay differently.

I acknowledge that I have read the above statement and will be responsible for my deductible, co-payment, and out-of-pocket expenses in the event that my scheduled screening exam results in a procedure with a polyp or abnormality.

Patient Name

Patient Signature

Date

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1- Your Procedure is scheduled at:

- Connally Memorial Medical Center**
499 10th Street
Floresville, TX 78114
Surgery Department Ph: (830) 393-1455

Your procedure is scheduled on:

- MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

DATE: _____/_____/_____

The hospital surgery department will be calling you **THE DAY BEFORE** your appointment to confirm your appointment and your **ARRIVAL TIME.**

2- Your Follow-Up appointment is scheduled at:

- MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

DATE: _____ **AT** _____ **AM / PM**

With: **Mosaab Hasan, M.D.** **Kirsten Furl, MSN, FNP-C**

Please keep in mind there will be a separate CO-PAY for your procedure follow-up. The follow-up is not a post-op appt. and is not included with the procedure.

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Diabetic Patient Guidelines

Types of Clear Liquids **Do not drink any of these products with red, orange or purple dye**	Amounts
Regular gelatin, prepared according to the package directions	1/2 cup = 60 calories 2 cups = 240 calories
Clear juice such as apple juice, white grape juice	1/2 cup = 60 calories 1 quart = 480 calories
Packaged soft drinks such as Kool-Aid	1 cup = 60 calories 1 quart = 240 calories
Regular soda (not diet)	1/2 cup = 60 calories 1 liter = 480 calories 2 liters = 960 calories

Instructions for Diabetic Patients

Try to stay within your recommended calories by calculating how much juice, soft drinks, gelatin, etc, that you will need and set these drinks aside in your refrigerator for the day.

- For example, if you are supposed to have 1800 Kcal, you can use 2 quarts (8 cups) of juice, 1 quart (4 cups) of soda.
- For 2000 Kcal, you could use 3 quarts of juice and 2 quarts of Kool-Aid.

Testing: Sip these liquids frequently throughout the day; test your blood sugar every 3-4 hours. If your glucose is less than 120 mg, take your juice more frequently.

If you take Insulin or injectable diabetes medication: Take half of your usual dose the day BEFORE your colonoscopy. And take half of your normal morning injectable dose the day of your colonoscopy.

If you take oral diabetic medications: Take half of your usual dose the day BEFORE your colonoscopy. And DO NOT TAKE ANY ORAL DIABETIC MEDICATIONS the morning of your colonoscopy.

Test your blood sugar the morning of your colonoscopy and inform the nurse if it is less than 100 mg or greater than 240 mg.

Bring your blood glucose testing equipment, your diabetes medications, and a sack lunch with you. As soon as the exam is completed, test your blood sugar, take your medications as directed and eat your food. Resume your normal routine of glucose testing, diet, exercise and medications. For any additional information, please call us at **(830) 393-1363**.

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COLONOSCOPY INFORMATION AND CONSENT FORM

You have been scheduled for an examination of the lower gastrointestinal tract (rectum, colon or large bowel). This is done by looking at the lining of the large bowel by a lighted tube put into your rectum. In order to examine the colon completely, you will have to follow a special colon preparation to “clean” the bowel before the test.

When you arrive for your test, your blood pressure and pulse will be checked, and then a small IV catheter will be put into a vein in your arm or hand so that medicines to sedate you can be given. Once you are sedated, the doctor will examine your colon with the colonoscope. The examination usually takes 20 to 30 minutes. If abnormalities or polyps are seen, biopsies (small pinches of tissue) can be taken, and polyps may be removed through the tube. These biopsies are not painful. The biopsies and/or polyps are then sent to the laboratory for examination by a microscope. Most patients are awake enough to leave within an hour. However, for safety reasons, you **cannot** drive or operate machinery, tools or appliances, for 12 hours after the exam, as the effect of the medicine wears off slowly. Before you leave, a check-out sheet will be provided explaining the results of the test.

Possible complications from this test include abdominal pain or cramping, mild bleeding from the rectum and soreness, or redness and/or bruising at the IV site. In addition, more serious complications can rarely occur. These include, but are not limited to, heart or breathing problems which occur in 0.2% of exams, perforation (making a hole in) or tears of the colon occurring in 0.2% of exams, bleeding which occurs in 0.09% of exams, and death, which is rare, occurring in less than 0.006% of exams. If a polyp is removed, the risk of perforation is 0.3% of exams and bleeding in 1.7% of exams. If complications occur, hospitalization, transfusions, or surgery may be necessary. The doctor will visit with you before the exam is started, and you will then have a chance to discuss and ask any questions you have about this examination or possible complications.

IMPORTANT:

- 1- If you take any medicines that decrease or prevent blood clots (blood thinners) such as Aspirin, Plavix, Coumadin, Xarelto, Pradaxa, Warfarin, Eliquis, Brilinta, Aggrenox, Lovenox or any other medicines to thin your blood, please notify our office.
- 2- If you are diabetic or take medicines for diabetes, please review the (Diabetes guidelines) information sheet provided by the office.
- 3- If you have ever had surgery for heart valve replacement or ever had history of endocarditis (heart infection), please call our office as you might need prophylactic antibiotics prior to the procedure.

Patient Signature: _____ Date: _____

Please bring someone with you to drive you home, as you will be sedated for the exam. The doctor will talk to you after the exam and will give you recommendations for diet, medication, follow up care, etc. If you have any questions please call (830) 393-1363