

RYAN CRENSHAW, M.D.

Instructions for Colonoscopy with MiraLax/Gatorade/Dulcolax

Please read this packet, in its entirety, at least 2 weeks prior to your procedure. If you fail to follow the instructions and the procedure has to be cancelled, the cancellation fee will be charged.

If you need to cancel your procedure, please let us know at least 5 business days prior to the procedure. If you fail to do so, you will be charged a \$250.00 cancellation fee.

You will receive a confirmation email from our office staff at least 2 weeks prior to your scheduled procedure(s). All procedure(s) must be confirmed in order to remain on the schedule. If you do not receive a call from our office, please contact us at 703-444-4799.

If you take blood thinners such as Aspirin, Plavix, Xarelto or Coumadin, Dr. Crenshaw may recommend for you to hold these medications anywhere from 2-8 days prior to your procedure, depending on what agent you are taking.

Patients taking Aspirin: Please make sure one of the two lines is checked off below. If not, please contact our office at (703) 444-4799.

- Please continue to take Aspirin, 81 mg or 325 mg, daily, including the day of the colonoscopy.
- Please stop taking Aspirin, 81 mg or 325 mg, 8 days prior to the colonoscopy,

Any patient stopping Aspirin, Plavix, Coumadin or any other blood thinner should contact the prescribing doctor (primary care physician, or cardiologist) to confirm that it is acceptable to stop this medication(s) for the recommended period of time. You may take Tylenol if needed. Please do not take any other medication or products that can thin the blood, such as Ibuprofen, Motrin, Advil, Aleve, Vitamin E and/or Garlic pills 8 days prior to the procedure(s).

It is highly recommended that you take your medication for heart disease, high blood pressure and asthma every day, including the day of your procedure. If you take any medication(s) around the time that you are taking a dose of the laxative to prepare for your colonoscopy, please take the laxative first, then your medication. **When taking medication(s) on the day of your procedure, the medication(s) must be taken at least 4 hours prior to your procedure time with water. At 4 hours prior to procedure time, you should stop consuming liquids, stop taking medications and not take anything orally until your procedure has been completed.** All other medications should be brought to the hospital to be taken after your procedure.

If you are taking medications for diabetes, consult with the medical provider that is managing your diabetes to inform him/her that you are being asked to change your diet in preparation for colonoscopy. Please ask this provider how you should change your diabetes medication regimen to reduce the risk of your blood sugar becoming too low or too high during your preparation for the procedure.

You will need someone to drive you home from the hospital, or surgical center, after your procedure. You should not drive until the next day.

Preparation Instructions with MiraLax/Gatorade/Duocolax

Caution: This preparation must be used with caution and may be contraindicated in patients with the following conditions: Kidney failure or compromise in kidney function, uncorrected electrolyte abnormalities, heart arrhythmias, history of seizure, impaired gag reflex, gastric retention, gastrointestinal obstruction and/or severe ulcerative colitis. If you have any of these conditions, please call the office to confirm this preparation is appropriate for you.

Five days prior to the procedure: Do NOT eat food containing seeds, corn, nuts, black pepper, lettuce, raw vegetables, fruits with seeds or skin as they can be difficult to lavage from the colon. Please do not take fish oil, krill oil, lemon oil or any supplements or foods that contain a significant amount of oil such as potato chips.

The day prior to your procedure, you will be on a clear liquid diet (no solid food, except for Jello) for the entire day beginning with your breakfast meal. On the day before your colonoscopy, the more clear liquids you consume, the better for your preparation. In addition, adequate hydration will reduce the risk of developing headaches, lightheadedness and dizziness which can occur during the preparation.

Please note that it is very important for you to be adequately hydrated during this process. There is no restriction on the volume of clear liquids that you consume. Consume as many of the clear liquids listed as possible to maintain adequate hydration and reduce the risk of electrolyte abnormalities during the preparation.

It is also important to vary the liquids you are consuming. Do NOT restrict yourself to drinking water only. Please make sure you consume liquids with salt such as soup broth. And liquids with carbohydrates/sugars such as apple juice. By varying the liquids consumed, you reduce the risk of developing electrolyte abnormalities such as a low sodium. **Please avoid any food or beverage product(s) which contain red or purple coloring.**

MENU FOR CLEAR LIQUID DIET

Breakfast

White Cranberry Juice
Gelatin dessert
Tea/coffee (no milk)
Gatorade or similar sports
drink

Lunch

Chicken broth
Apple Juice
Sprite, 7up, Ginger Ale
Fruit-flavored ice
Tea/coffee (no milk)

Dinner

Chicken broth
White Grape Juice
Gelatin dessert
Sprite, 7up, Ginger Ale
Tea/coffee (no milk)

You will need to purchase the following for your preparation: All of the medications are available without a prescription.

One bottle of MiraLax (238 gram)
Four Dulcolax Tablets
One 64-ounce bottle of Gatorade (not red or purple in color)

Day prior to your procedure: At 3 pm: Take 2 Dulcolax tablets with an 8-ounce glass of water.

At 6pm: Mix the entire bottle of MiraLax with the 64-ounce bottle of Gatorade. Then drink an 8-ounce glass of the mixture every 10 to 15 minutes until you finish 50%, which is equal to 32 ounces of the preparation. Then refrigerate the remaining 32 ounces of preparation.

At 9 pm: Take 2 Dulcolax tablets with an 8-ounce glass of water.

Day of your procedure: 7 hours prior to your scheduled procedure time, consume the remaining 32 ounces of MiraLax/Gatorade preparation. Try to consume 8 ounces every 10 minutes to be completed 5 hours prior to the scheduled procedure time. (For example, if your procedure is at 12 pm, begin drinking the am dose of MiraLax/Gatorade preparation at 5 am to be finished by 7 am).

After completing the MiraLax/Gatorade preparation, you can consume up to 24 ounces of clear liquids over the next 60 minutes. You must be done with the clear liquids 4 hours prior to your scheduled procedure time. **Please note that consuming any liquids or medications too close to your procedure time may result in delaying or canceling your procedure. Do not consume any liquids or medications by mouth for 4 hours prior to your procedure time.**

On average your bowel movements should be clear (clear = yellow or white without solid or granular material) 3 hours after you finish drinking the MiraLax/Gatorade prep. However, delays in the onset of bowel movements and/or becoming clear can occur several hours after completing the solution. **If you are not clear by 5 hours prior to procedure time, please call our office, and if you are forwarded to voicemail, follow directions to contact the doctor on call.**

Bloating and/or nausea are common after the first few glasses due to the large volume of liquid being ingested. This is temporary and should disappear once bowel movements begin. You may feel a chill as you continue drinking the preparation, but this will pass.

If you are unable to complete and/or tolerate the MiraLax/Gatorade/Dulcolax preparation, please follow these instructions:

Purchase the following (no prescription is necessary) and begin this preparation one half hour after the last glass of MiraLax with Gatorade.

- One bottle of Magnesium Citrate
- One bottle of Fleet Enema (**without mineral oil or any other type of oil**).

Drink one bottle of Magnesium Citrate. Wait 2 hours, and if your bowel movements are not clear, proceed with a Fleet Enema as follows:

1. Apply one Fleet Enema (**without mineral oil, or another type of oil**) per rectum and wait 30 minutes.
2. If your bowel movements are still not clear, fill the empty enema bottle with warm water from the faucet. Then apply one warm water enema per rectum every 30 minutes until clear. Do NOT exceed a total of 4 enemas.

If you still encounter significant difficulties with your preparation, please contact our office at 703-444-4799.

RYAN P. CRENSHAW, M.D.
21135 WHITFIELD PLACE, SUITE 102, STERLING, VA 20165 (703) 444-4799
OPERATIVE REQUEST/CONSENT

1. I hereby request, consent to, and authorize Dr. Crenshaw (the "Practitioner") to perform the following procedure(s) along with surgical assistants selected by him: colonoscopy, possible biopsy, risk of drug allergy, over sedation, aspiration, bleeding, perforation, and need for surgery has been explained. The Practitioner has advised me there is a small possibility of missing lesions on (the "Patient"):

Please print your name: _____

2. It has been clearly explained to me that during the course of this operation some other conditions that have not been expected may present themselves. I recognize, that if such conditions are discovered it will be necessary to do more than that which was specified in paragraph #1 above. I therefore authorize and request that the above-named Practitioner and his surgical assistants perform such surgical procedures which in their best professional judgment will be effective in their attempt to heal and/or diagnose. This includes, but is not limited to, pathology and radiology. I further authorize Anesthesiologist to administer whatever anesthesia they feel is indicated and authorize the use of blood transfusion(s) when attending personnel feel such is required.
3. I fully understand that this operation, like any operation, is accompanied by some degree of risk and that no cure is guaranteed.
4. The nature of my (or the patient's) condition, the nature of the procedure(s) listed under paragraph #1 above, the risks involved and whatever other choices are available to me (or the patient), if any, have been explained to me by the Practitioner. I have been given the opportunity to ask any questions that I may have regarding that explanation and my questions have been answered satisfactorily.
5. I am aware of the "Cancellation Policy" and understand that I will be held responsible for a \$250.00 fee if notice is not provided at least 5 business days in advance of scheduled date for procedure.
6. If your procedure is cancelled due to non-compliance with both verbal and written instructions given (for example, not complying with the clear liquid diet the day prior to your procedure), you will be charged the cancellation fee.
7. It is the patient's responsibility to contact his/her insurance provider to check coverage for the requested procedure(s), as well as obtaining the necessary referrals. It is also the patient's responsibility to notify our office immediately if your insurance provider changes, otherwise, the patient will be held responsible for any charges for the requested procedure(s).

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| Signature of Patient | Date | Signature of Witness | Date |
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| Signature of Parent/Guardian | Date |
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PHYSICIAN'S STATEMENT

I have personally explained, in non-technical terms, the proposed procedure to the patient, and/or Relative/guardian, the major risks or consequences of this procedure, and any alternative.

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| Signature of Physician | Date |
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| Signature of Patient | Date | Signature of Witness | Date |
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| Signature of Parent/Guardian | Date |
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| Signature of Physician | Date |
|------------------------|------|

Doctor's Copy: Miralax/Gatorade/Dulcolax