CLINIC FOR COLON & RECTAL SURGERY, P.A.

Robert L. Baird, M.D.
William R. Nuessle, M.D.
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115 MANNING DRIVE, SUITE D101
HUNTSVILLE, ALABAMA 35801
(256) 533-6070

Javad Golzarian, M.D.
Stephen F. Clark, M.D.

Please read upon receipt

You are scheduled for:

_____ **Huntsville Hospital Main**. Report to Admitting, 1st floor (256-265-8000). Please be prepared to provide your insurance information.

_____ **Huntsville Hospital Women and Children** (Huntsville Hospital East) Report to Admitting, 1st floor (256-265-7788). Please be prepared to provide your insurance information.

_____ **Crestwood Medical Center**. Report to Admitting/Registration (256-429-4878). Please be prepared to provide your insurance information.

_____ **The Surgery Center**, 721 Madison Street. Report to the front desk (256-533-4888). Please be prepared to provide your insurance information.

YOUR SURGERY DATE IS: _____

YOUR CHECK-IN TIME IS: _____

**Please be advised that if you have had <u>any</u> changes in your insurance since we last saw you, we will need to get a copy of your card and be notified of those changes. The medical facility where the procedure will be done does not supply us with that information. Incorrect billing information delays claim status and will result in your being billed for the procedure.*

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MiraLax Preparation for Colorectal Procedures and Surgery

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY AT LEAST TWO WEEKS BEFORE YOUR PROCEDURE

Prescribed medications for heart disease, blood pressure and asthma may be taken prior to your procedure. All other medications, including diabetic medications, should be brought along with you to be taken after your procedure.

DO NOT take aspirin or aspirin-type products, such as ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc., for AT LEAST ONE WEEK PRIOR TO THE PROCEDURE. You may take Tylenol. If you are on Coumadin, Plavix, Heparin or Aggrenox, please contact the physician who has prescribed it for you for further instructions.

Please advise the physician if you have a prosthetic heart valve or if you have a serious heart murmur. Also, please advise the physician if you have had any cardiac procedures within the last year.

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MiraLax Preparation for Colorectal Procedures and Surgery

All Patients: **NOTHING** to eat or drink after midnight the night before the procedure.

At least two days prior to the procedure begin eating light, soft foods - no meat

You Will Need from Your Pharmacy at Least Two Days Before the Procedure:

1. One (1) bottle of MiraLax (238 grams). The generic name is polyethylene glycol 3350. Either one is acceptable. MiraLax is available over-the-counter and no prescription is needed.
2. Four (4) over-the-counter Dulcolax laxative tablets (not suppositories).
3. 64 ounces of Gatorade, Propel, or Crystal Light (no red).
4. Moist baby wipes.

The Day Before the Procedure:

1. Refrigerate your beverage (Gatorade, Propel, or Crystal Light).
2. Drink only clear liquids all day, no solid foods. Drink at least eight (8) to ten (10) 8-ounce glasses throughout the day.
3. At 3:00 p.m. - take two (2) Dulcolax tablets with 8 ounces of clear liquids.
4. At 6:00 p.m. - mix the entire bottle of MiraLax (238g) with the 64 ounces of Gatorade, Propel, or Crystal Light in a pitcher. Make sure the powder is well dissolved. Drink one (1) 8 ounce glass of MiraLax solution every 10 - 15 minutes until it is finished.
5. At 8:00 p.m. - take the last two (2) Dulcolax tablets with 8 ounces of clear liquids.
6. Continue to drink as much clear liquid as possible until bedtime.

NOTE: ***You may begin this whole process earlier in the day to allow 30 minutes between each glass of the MiraLax solution.***

***Clear Liquids Include:**

- Broth or Bouillon (Chicken or Beef)
- Water, tea, coffee (no cream), and/or 7UP
- Apple juice and/or White Grape juice
- Popsicles (no red)
- Jell-O (no red)
- Gatorade (no red)

The Morning of the Procedure:

DO NOT have anything to eat or drink upon arising the morning of your procedure. It is okay to take your blood pressure or heart medication with enough water to swallow the medications.

DO NOT chew gum or chew tobacco anytime before your procedure.

DO NOT take diabetes medication ***WITHOUT PRIOR INSTRUCTION*** from your primary care physician. (your dosage may have to be adjusted).

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COLONOSCOPY

Colonoscopy refers to the visual examination of the large intestine. It is performed with a flexible videoscope. The scope is advanced through the large intestine under direct vision using the scope's optical system. The procedure is viewed on a TV monitor. Photographs may be taken.

For adequate examination, special preparation of the bowel is required. Intravenous sedation is given and most people sleep through the procedure and have no recall of it. **Accordingly, after the procedure, you must have someone available to drive you home. You are not allowed to use public transportation to get to and from your procedure. The Clinic and Hospital policies state you cannot drive yourself home nor take public transportation after sedation for the procedure. Failure to follow these policies will result in your procedure being cancelled.** Colonoscopy allows visualization of the entire large bowel in over 95 percent of cases. It combines the advantages of examination, diagnosis (biopsies can be taken), and treatment (polyps can be removed) into a single procedure.

The procedure is safe. However, in rare instances, complications can occur which require surgery. Perforation of the bowel occurs in about one of 2,000 diagnostic procedures. Perforation can be due to the passage of the instrument in difficult cases and can follow removal of polyps. Bleeding occurs after the removal of polyps in 1% of cases. This can usually be managed without surgery. The procedure should be done, therefore, only for sound indications.

Colonoscopy is an outpatient procedure. Patients return home afterwards and usually resume normal activities the following day. Diet is usually unrestricted after colonoscopy.