

# **Mid-America Gastro-Intestinal Consultants,P.C.**

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## **Soft Prep for Colitis Patients**

### **Flexible Sigmoidoscopy Prep**

We have scheduled you for a Flexible Sigmoidoscopy on \_\_\_\_\_ at \_\_\_\_\_ am/pm.

- ( ) Saint Luke's - G.I. Diagnostics, LLC., 4321 Washington St., Medical Plaza III, Ste 5700.
- ( ) Saint Luke's Outpatient Peet Center, 4400 Wornall Rd, KCMO 64111 – check in on the 1st floor.
- ( ) Mid-America Surgery Institute, 5525 W. 119<sup>th</sup> St, Overland Park, KS, 66209, Suite 100.

**Please register by \_\_\_\_\_ am/pm in order for us to provide our services in an efficient manner.**

**You will need to purchase the following: all are available over the counter at any pharmacy:**

- 1 Small bottle of Miralax powder (4.1 oz or 116 grams)
- 1 32oz. bottle of Gatorade (**NOT RED OR PURPLE**)
- 2 - Fleets enemas

#### **YOUR PREP INSTRUCTIONS ARE AS FOLLOWS:**

1. The **NIGHT BEFORE** the procedure you will have a **clear liquid** supper. This includes black coffee, tea, soda – such as Coke/ Pepsi, (Diet is ok), 7-Up/Sprite, Apple juice, Gatorade, Popsicles, Jell-O, broth, and bouillon. **NOTHING** red or purple.
2. At **3:00pm** Mix the whole bottle of Miralax with the Gatorade and drink within 2 hours.
3. You may have all the clear liquids you would like until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** If your procedure is 1pm or later, you may have 6oz of water only up to 4 hours prior to the procedure.
4. The morning of the procedure, give yourself 2 Fleets enemas. We suggest that you start the enemas 1½ to 2 hours before leaving to come to your appointment.
5. **PLEASE DO NOT USE ANY LOTIONS, BABY OIL, VASELINE, BODY SPRAY OR MASCARA THE MORNING OF THE PROCEDURE.**
6. Do not take any medications the morning of the procedure unless directed to do so.
7. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.
8. **YOU MAY BE SEDATED FOR THIS PROCEDURE. PLEASE MAKE SURE YOU HAVE A DRIVER; SOMEONE YOU KNOW THAT CAN TAKE YOU BACK HOME.**

**OUR OFFICE REQUIRES 72 HOURS NOTICE FOR CANCELLATIONS DUE TO THE TIME WE ALLOW FOR YOUR APPOINTMENTS.**

If you have any questions regarding your prep instructions, procedure, or payment, please do not hesitate to call our office at (816) 561-2000.