

# Keck School of Medicine of **USC**

*Glenn T. Ault, MD, MEd*

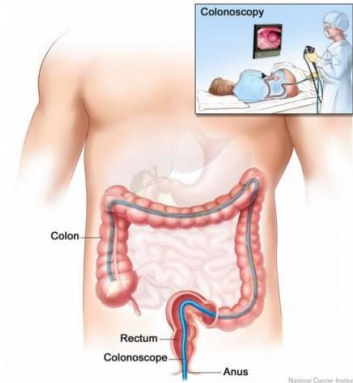
*Kyle G. Cologne, MD*

*Andreas M. Kaiser, MD, FACS, FASCRS*

*Adrian Ortega, MD*

To: Patients undergoing COLONOSCOPY

From: Kyle Cologne, MD



Welcome to USC!

I'm glad you have chosen us here at USC for your colonoscopy. I understand this can be a procedure filled with a lot of uncertainty and worry. It is my goal to make the experience as seamless as possible. The procedure serves the important purpose of preventing colon cancer and more. This packet outlines the preparation for the procedure in order to "clean out." This process is understandably embarrassing and inconvenient, but the better the preparation, the better the chances of detecting a problem that could prevent colon cancer or other problems.

If you have any questions, please do not hesitate to contact our office. I can also be reached via e-mail at [kyle.cologne@med.usc.edu](mailto:kyle.cologne@med.usc.edu). Thank you, and I look forward to taking care of you.

Warmest personal regards,

A handwritten signature in black ink that reads "Kyle Cologne". The signature is written in a cursive style and is followed by a long horizontal line.

Kyle G. Cologne, M.D.



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## COLONOSCOPY Prep (Do not use this prep for surgery, for scopes only)

The following MEDICATIONS need to be purchased AT ANY PHARMACY:

- Miralax, 238 gram bottle (x2) – you do not need a prescription for this
- 3 Bottles of 32 oz. Gatorade or Crystal light (no purple or red colors)
- Milk of Magnesia

### **ONE WEEK PRIOR TO YOUR PROCEDURE:**

- Do not take aspirin or aspirin products. This includes Advil, Aleve, Motrin, Excedrin etc.
- You may take Tylenol
- Contact the office if you are on the blood thinners: Coumadin, Plavix, Heparin, or Lovenox
- If you are diabetic, you may need to adjust your medication. Check with your family doctor
- If you are taking Glucophage (Metformin), please stop this one day prior to the procedure

### **TWO DAYS BEFORE YOUR PROCEDURE**

- **DO NOT EAT:** nuts, seeds, popcorn, or corn.
- **STOP ALL:** fiber supplements (e.g. Citrucel, Metamucil, etc).
- Take 30 mL Milk of Magnesia daily.

### **ONE DAY BEFORE YOUR PROCEDURE**

- **NO SOLID FOOD.** Begin a clear liquid diet starting in the morning. This includes:
  - Soups: Clear Bouillon, broth
  - Beverages: Kool-Aid (not red or purple), Carbonated Beverages (Sprite, 7-Up)
  - Juices: Strained lemonade, orange drink without pulp, apple juice
  - Dessert: Water ices, Italian ices, popsicles, Jell-O

**REMEMBER: Drinking Lots of Liquids Helps With Your Prep!**

### **ONE DAY BEFORE YOUR PROCEDURE**

- At **NOON:** Take 3 tablespoons Milk of Magnesia. Drink at least one 8oz glass of water.
- At **3pm:** Mix the entire 238 gram (8.3 oz) bottle of MiraLAX between TWO bottles of 32 oz Gatorade G2 (or mix everything in a large drink pitcher). You may also use Crystal Light for this. Shake until the MiraLAX is completely dissolved. Drink one (1) 8 oz glass every 10-15 minutes until the solution is completely gone.

**REMEMBER: Continuing to Drink Lots of CLEAR Liquids during this time helps with your prep!**

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## **THE DAY OF YOUR PROCEDURE**

- **NO SOLID FOOD.** You may take blood pressure or heart medications.
- 4 Hours before scheduled procedure: Take 3 tablespoons Milk of Magnesia.
- 4 Hours before scheduled procedure: Mix HALF the 238 gram (8.3 oz) bottle of MiraLAX in ONE bottle of 32 oz Gatorade G2. You may also use Crystal Light for this. Shake until the MiraLAX is completely dissolved. Drink one (1) 8 oz glass every 10-15 minutes until the solution is gone.

**REMEMBER: Drinking Lots of Liquids Helps With Your Prep!**

- 2 Hours before scheduled procedure: **DO NOT EAT OR DRINK** anything more.

We will provide you with additional information regarding the procedure when you arrive. It takes 30-60 minutes to perform the procedure. You will need someone to pick you up as you will not be able to drive for the remainder of the day. This is because you will receive medication that makes you sleepy during the procedure. For more information, please visit the colonoscopy section of our website under the “Areas of Expertise” heading.

If you have any questions, please call the office at 323-865-3690.

