



Colon Hydrotherapy Prep (Constipation)

PROCEDURE DATE: _____

COLON CLEANSE APPOINTMENT TIME: _____

*****After you finish with your colon cleanse you will go directly to Summit Endoscopy Center (Suite C) *****

IF YOU HAVE A BOWEL MOVEMENT 3 TIMES OR LESS IN A WEEK, PLEASE LET YOUR NURSE KNOW.

COST:

The cost of the colon cleanse is \$69.00. This amount is not covered by any insurance plan. This can be paid by cash, check or credit card. The fee must be paid separate from any deductible you may be required to pay. Checks should be made payable to ADVANCED MEDISPA. **There will be a \$20.00 non-refundable fee upon scheduling this appointment. The remaining \$49.00 will be paid on the service date. This cannot be billed to your account.**

WHAT YOU WILL NEED:

- 6 Dulcolax Tablets (bisacodyl)
- 3 Packets of Miralax Powder
- 1 Bottle of Magnesium Citrate

To ensure that Dr. Nuako gets the best view possible you MUST follow the instructions on the back of this page.

PREPARING FOR YOUR PROCEDURE

2 DAYS BEFORE YOUR TEST: DO THIS ON: _____

➡ Avoid any foods with seeds, nuts, uncooked vegetables, or red dye. A light diet is best. **Also, you MUST drink plenty of water all day, this will help achieve the best results possible.**

➡ At 6:00 p.m., take 2 Dulcolax (bisacodyl) tablets. **YOU CANNOT MISS THIS!**

THE DAY BEFORE YOUR PROCEDURE: DO THIS ON: _____

➡ **YOU MUST BE ON A CLEAR LIQUID DIET THIS ENTIRE DAY!! THIS IS VERY IMPORTANT (SEE CLEAR LIQUID DIET)**
The more liquids you take in, the better your preparation will work.

➡ At 4:00 p.m., take 4 Dulcolax (bisacodyl) tablets. **YOU CANNOT MISS THIS!**

➡ At 6:00 p.m., mix three (3) packages of Miralax Powder with 12 ounces of water, coffee, or tea .

If you have not had a bowel movement by 8:00 p.m., you will need to drink one 10oz bottle of magnesium Citrate.

➡ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!!**

THE DAY OF YOUR PROCEDURE: DATE: _____

➡ 2 Hours before your appointment at Advanced Medispa drink (1) One 10 ounce bottle of Magnesium Citrate.

➡ Go to Advanced MediSpa to complete your colon preparation at your appointed time.

If you have ANY questions or concerns, please call the office at (731) 884-0600 and ask to speak to a nurse. They will be happy to assist you.

Cancellations MUST be made at least three (3) days in advance. Two (2) hours or more have been set aside especially for you. We must have plenty of advance notice if you plan to cancel so someone else can be booked in your place.



CLEAR LIQUID DIET

This diet is to be followed for one (1) day prior to your procedure.

What is safe to eat and drink?

Water

Ice

Tea (sweet or unsweet)

Coffee (NO milk or creamer)

Clear Bouillon (chicken or beef)

Consomme

Broth (chicken or beef)

Apple Juice

Grape Juice

Jello (NO RED or any flavors containing RED DYE)

Carbonated Beverages (Lighter flavors are preferred)

Lemonade (use mix only – NO fresh squeezed or those containing pulp)

Popsicles (NO RED, NO PUDDING POPS, NONE with fruit pieces)

Gatorade (this is excellent for you because it contains electrolytes that will keep you from feeling so weak.)

Hard Candy (suck on candy, DO NOT chew it)

THINGS YOU SHOULD NOT HAVE:

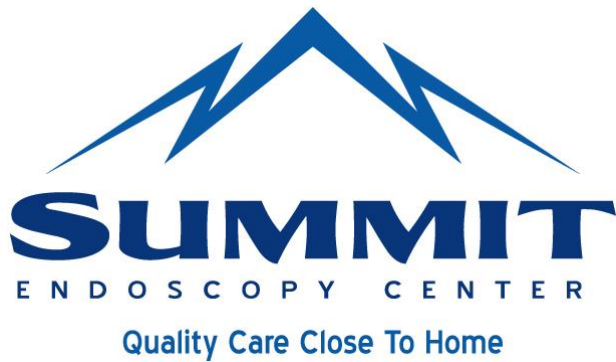
MILK

ORANGE JUICE

ANYTHING CONTAINING PULP

If this diet is not followed completely during specified times along with the colon preparation that you chose you will **NOT** achieve the desired results and could possibly have to reschedule your procedure.

Please contact us at 731-884-0600 with any questions or concerns.



1109 E. Reelfoot Ave., Suites B-C
Union City, TN 38261

Phone: (731) 884-0600
Fax: (731) 885-3692

Kofi Nuako, M.D.
Gastroenterologist

IMPORTANT INSTRUCTIONS

- You **MUST** bring a driver; someone **MUST** stay in the center while the test is being performed. This is in case the physician needs to speak with someone urgently.
- DIET: YOU **MUST NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!** Unless otherwise specified.
- **NO** hard candy, gum, or chewing tobacco the morning of your procedure.
- For the privacy of all patients, we ask **NO** children be in the pre and post operative area. Please turn off cell phone when entering the pre and post operative area.
- **NO** jewelry to be worn on the day of procedure. . **We are NOT responsible for any lost or stolen items.**
- **YOU WILL NOT BE ABLE TO DRIVE, WORK, OR OPERATE HEAVY MACHINERY FOR 12 HOURS AFTER PROCEDURE.**

THINGS TO BRING ON THE DAY OF YOUR PROCEDURE:

- Any Inhalers
- Wear Socks
- Extra clothing

It is our aim at Summit Endoscopy Center to provide efficient, personalized care to you. We have therefore reserved a specific time for your procedure.

If you decide to cancel your test, we ask that you inform us **3 days** in advance so that we can reschedule your test. This helps us to better care for all of our patients and deal with any insurance issues.