

Colonoscopy Instructions Miralax/Gatorade Prep

You are scheduled for a colonoscopy procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. It is important for your colon to be clean prior to the procedure. You will receive medication through an IV for sedation during the procedure. *****You will NOT be able to drive home from this procedure. We must discharge you in the care of a responsible adult. Please make arrangements for a ride (not taxi or van unless you are accompanied) or your procedure will be canceled.***

Please follow the instructions below carefully. Should you need further assistance please call 715-531-6520.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<ul style="list-style-type: none"> ✓ PURCHASE the following: <ul style="list-style-type: none"> ○ Dulcolax (or generic bisacodyl) tablets. You will need 5 mg tablets. ○ One 238 gram bottle of Miralax or generic equivalent. ○ One 64 oz bottle of Gatorade (no red flavors) ○ One 10 oz bottle of Magnesium Citrate ✓ Arrange for a driver **(See above) ✓ If you take fiber supplements or medications containing iron, discontinue them 7 days before your appointment. This includes multi-vitamins with iron, Metamucil and Fibercon. ✓ If you have diabetes, ask your regular doctor for diet and medication instructions. ✓ If you take medication to thin your blood such as Coumadin Ask your regular doctor for instructions. Stop all Aspirin and Aspirin containing medications 5 days before your appointment. ✓ Pregnant or think you may be? Sedation medication can be harmful during pregnancy. Please discuss the risks and benefits of the procedure with your ordering physician. 	<p style="text-align: center;">Begin a Low Fiber Diet</p> <ul style="list-style-type: none"> • No raw fruits or vegetables • No Corn (raw or cooked) • No whole wheat or high fiber • No nuts or popcorn • No bran or bulking agents <ul style="list-style-type: none"> ✓ Stop consuming all high fiber foods. A low-fiber diet is found on the next page. ✓ Last chance to cancel or reschedule your appointment. If you need to reschedule your appointment call 715-531-6427. 	<ul style="list-style-type: none"> ✓ Stop taking Ibuprofen ✓ NO solid foods after midnight. 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;">Begin Clear Liquid Diet</p> <p>Water, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, Carbonated and non-carbonated soft drinks, Clear fruit juices without pulp (apple, white grape, powdered lemonade) No Jello, Popsicles or broth</p> <p style="text-align: center;">No Red or Purple Liquids No Solid Foods</p> </div> <ul style="list-style-type: none"> ✓ Drink at least 8 glasses of water throughout the day. ✓ Between 12 noon and 3:00 pm take the 2 Dulcolax tablets. Keep in mind that the cleansing process will take 4 to 8 hour or longer so plan your schedule accordingly. ✓ Two hours after taking the Dulcolax tablets, mix the 238 gram bottle of Miralax in 64oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink 8oz every 15-30 minutes until the entire solution is gone. Continue to drink clear liquids until bedtime. ✓ If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break. 	<ul style="list-style-type: none"> ✓ At 4 hrs prior to your arrival time, drink the 10oz bottle of the Magnesium Citrate. ✓ You may take your morning medications with a sip of water. ✓ Be sure to bring: <ul style="list-style-type: none"> ○ A driver ○ Insurance card ○ Photo ID ✓ You may drink clear liquids up to 4 hours before your procedure. ✓ Remember, someone must accompany you home and you can not drive the remainder of the day. <p>If you have followed the instructions and your stool is no longer formed but is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the procedure center at 715-531-6520.</p>